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ABSTRACT

This document provides a guide to various recreational swimming and conditioning programs designed as a means of attaining and maintaining physical fitness through water activities while the body is submerged in water. Part 1, "Swimnastics Theory," discusses the objectives of a swimnastics program, its purpose, and various types of conditioning programs. Part 2, "Swimnastics Exercises," offers illustrated examples of (a) warm-up exercises, (b) breathing exercises, (c) head and neck exercises, (d) shoulder exercises, (e) waist exercises, (f) abdominal exercises, (g) hip and leg exercises, and (h) extremity exercises. Part 3, "Recreational Swimming," suggests teaching hints and offers advice for teaching the handicapped. Part 4, "Games, Contests, Relays, Races," describes activities suitable for beginning, intermediate, and advanced swimmers. (JS)

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SWIMNASTICS IS FUN

MG. Sholtis

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To my many students whose quest for learning prompted me to compile this handbook. Without your comments, contributions and encouragement, this book would not have become a reality.

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Foreword

Swimnastics is an important part of health, physical education and recreation programs. Only recently, however, has this program come into focus and assumed status.

Here is a teaching manual by one of the nation's outstanding authorities in the field, MG. Sholtis. Theory, exercises, recreational swimming tips, games, relays, diagrams, ditty bag supplies and references help the teacher to gain insight and understanding and to develop methods of program presentation. This is a sound textbook and manual for professional courses and a guide for high school and college health and physical education classes. Recreation departments will find it valuable in conducting swimnastics programs.

The author has conducted this program in many recreation departments and is now teaching the course as a required part of the professional recreation and leisure education curriculum at Southern Connecticut State College, New Haven. She has conducted clinics at state, regional and national health, physical education and recreation conferences. Her college classes are popular, and the students are excited about her program.

This is an innovative and creative concept — have fun!

Jack F. George
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Preface

Man has been using various forms of swimming as a recreational pastime for thousands of years. Recreational swimming activities maintain his interests, break monotony, offer relief from tension and facilitate the mastery of fundamental skills. They also afford him an opportunity for worthy use of his increasing amounts of leisure time.

Swimnastics is the study of various recreational swimming and conditioning programs designed as a means of attaining and maintaining physical fitness through water activities while the body is submerged in water. Using sound teaching principles in terms of suitability and benefit for the participants, swimnastics can be an innovative and popular activity with all age groups, regardless of swimming ability. The benefits of a swimnastics program, especially to the elderly and handicapped members of a community, are immeasurable.

There is a demand for qualified personnel to instigate, organize, administer and evaluate swimnastics programs each year. Every health, physical education and recreation curriculum should give students an opportunity to study the various techniques and methods employed in such programs. This handbook is an effort to help members of our profession meet the growing needs of our ever-changing society. To assist the reader, activities especially suitable for the physically handicapped, geriatric groups and special events have been indicated.

I. SWIMNASTICS THEORY

Swimnastics Defined

Swimnastics is the study of various conditioning programs designed to attain and maintain physical fitness through water activities while the body is submerged in water.

Objectives

1. To develop an appreciation and understanding of swimnastics
2. To instill self-assurance in performing fundamental skills while the body is submerged in water
3. To help the student develop strength, stamina and endurance through swimnastics activities
4. To enhance coordination, flexibility and agility
5. To stimulate the student to maintain a maximum level of individual physical fitness throughout life
6. To give the student a vocabulary of knowledges needed to discipline the body in water
7. To help the student improve muscle tone and circulation
8. To teach respect for the water and its effects on the human body
9. To promote safety and fun in water-related activities

Purpose

To promote physical fitness through controlled water activities which use muscles of a specific area of the body while submerged in the water.

Why Have Swimnastics?

The human body needs to recuperate from muscle fatigue, stress and strain. Swimnastics is an outgrowth of physical therapy and hydrotherapy which offer temporary relief from discomfort and pain.

When a muscle is exercised, it contracts. The more stress on the muscle, the tighter it appears to become. When exercised, a muscle produces a waste material called lactic acid, which is carried away by the bloodstream. During relaxation, this lactic acid sometimes gets caught between the fibers of the muscle and causes soreness. Two ways of combating muscle soreness are heat and more exercise.

The first swimnastics programs were offered in YMCAs, YWCAs, hospitals and organizations with retirement facilities. During the past two years, however, health experts have come to realize that exercises and activities created especially for the swimming pool can tone the muscles, strengthen the heart, improve circulation and pacify the spirit of people of all ages and conditions. Swimnastics offers an innovative incentive to become involved in recreational water activity to reap better personal fitness rewards.

Swimnastics is popular for all ages in municipal recreation and is especially helpful to elderly participants. The demand for qualified personnel to instigate, organize, administer and evaluate these programs grows each year.

C. Carson Conrad, president of the President's Council on Physical Fitness, has indicated these reasons for using swimnastics:

1. Exercise in the water promotes blood circulation.

2. Continuous, rhythmic exercise is an excellent defense against circulatory ailments.

3. Swimnastics can be enjoyed with benefit by young and old, healthy and infirm, and swimmers and nonswimmers.

Types of Swimnastics

1. Water Exercises — calisthenics, circuit training, individual, partner, group, routines, music
2. Relays — individual and team competition
3. Novelty Games — individual, partner, group, novice, beginner, intermediate, swimmer, lifesaving
4. Sports — water-related and adapted games (water polo, basketball, volleyball, etc.)
5. Drills — circle, diagonal, variations
6. Conditioning Programs — competitive teams, senior citizens
7. Special Events — water carnivals, synchronized swimming, skill testing

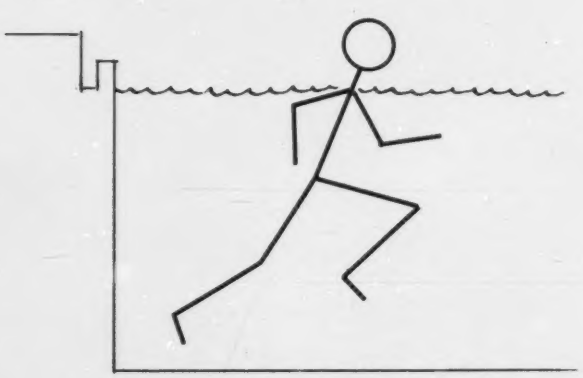
II. SWIMNASTICS EXERCISES

WARM-UP EXERCISES

Purpose: To help the individual adjust to water temperature.

Action:

1. Walk — bend knee and naturally walk to opposite side of pool.
   Variations: walk sideways, backward, arms over head, holding partner's hand, in 3s, 4s, etc.
2. Jump — vigorously with bent knee in place.
   Variations: same as above.
3. Kick — horizontal flutter kick holding onto side of pool.
   Variations: on back, vertical in deep water, holding onto partner's hands, with kickboard
4. Squat — with feet spread 1 foot apart, keep back straight with hands on hips.
   Variations: 1 foot in front of other, assume 5 ballet positions.
5. Run — keeping arms and elbows underwater, run to opposite side of pool.
   Variations: same as 1 above.



6. Skip — step-hop across pool floor.
   Variations: same as 1 and 5 above.

A Sample Routine

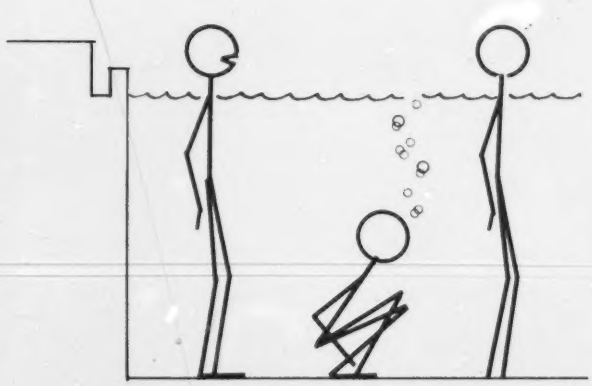
a. Toe Touch — lined up side by side in shallow water, students touch toes with hand in slow rhythm using rhythmic breathing.
b. Hand-Toe Touch — lined up side by side, backs against the wall in shallow water, students alternate toe raise to hand in slow motion, arms outstretched.
c. The Cramp — lined up side by side in shallow water with backs against the wall, students alternate knee pull to chest with hands clasped around leg.
d. Bend-Straight-Down — students alternate knee pull to chest, leg extension in horizontal position and slow lowering of leg.
e. 190-Degree Circle — students swing arms in low half-circle under water.
f. 360-Degree Circle — students swing arms in low full circle both under and above water.
g. Quarry Pickup — students singly locate a rock on the pool bottom and use Exercise 1 (Walk) to pick it up and return to side of pool.
h. Toy Soldier — students single file, cross the pool using flutter kick and return using Exercise 4.
i. The Kick — students singly return to the other side by alternately "kicking" legs as in Exercise 2.
j. The Explosion — students swing arms in full circle and push off bottom in jump.

BREATHING EXERCISES

Purpose: To improve muscle tone and breathing

Action:

1. Bobbing — in chest-deep water, take a breath and submerge, squat and exhale on bottom, straighten legs and return to surface. Repeat.



2. Advanced Bobbing — in deep water, repeat above and come to surface using scissors or frog kick. Repeat.
3. High Bobbing — repeat above but push off from bottom and "explode" out of water.

HEAD AND NECK EXERCISES

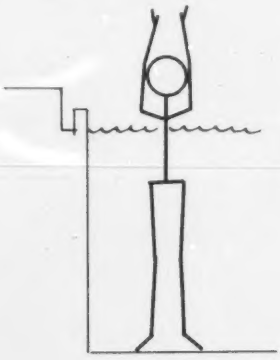
Purpose: To strengthen muscles of neck and head
Action:

1. Rotation — rotate head in circular motion, front, side, back, front. Repeat.
2. Hand Press — clasp hands and push with resistance on forehead, right and left sides of face, behind neck for 4 counts each. Repeat.

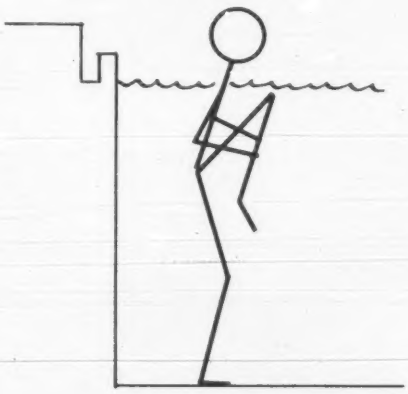
SHOULDER EXERCISES

Purpose: To develop muscles of upper back and shoulder girdle
Action:

1. Arm Swing — extend both arms to front. Carefully push water back with straight arm. Swing sideways. Push hands to meet behind back. Pull water forward and return to starting position.
2. Arm Circles — rotate wrists, elbows, shoulders, sockets with arms outstretched at shoulder height, 15 counts each. Reverse procedure.
3. Reach for Ceiling — bring arms from sides to overhead position and stretch upward.



4. Pushaway — stand at edge of pool or use partner. Extend arms and pull chest to wall; return to starting position.
5. Row Your Boat — extend arms forward, bring around sides of body (resembles giant breaststroke pattern).
6. Knee to Chest — standing straight, bend knee and grasp leg, pulling it to chest. Hold. Repeat with opposite leg.

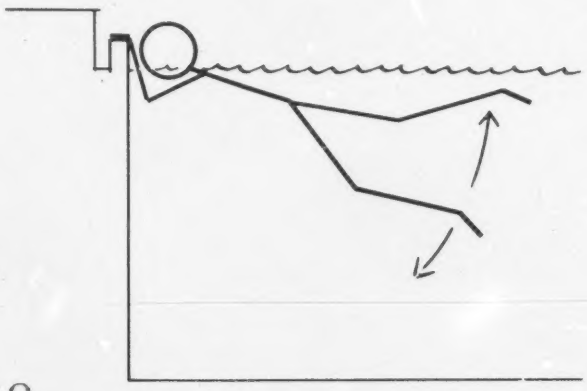


7. Push and Pull Arm Raises — arms at side, quickly bring arms up to water surface with palms facing up; turn palms over and push water down to sides.

WAIST EXERCISES

Purpose: To trim waistline for better figure control
Action:

1. Trunk Twists — hands on hips, rotate sideways to right. Repeat to left with twisting motion of upper trunk.
2. Prone Leg Raises — lie on stomach grasping edge of wall; push leg down toward bottom of pool. Repeat using other leg.

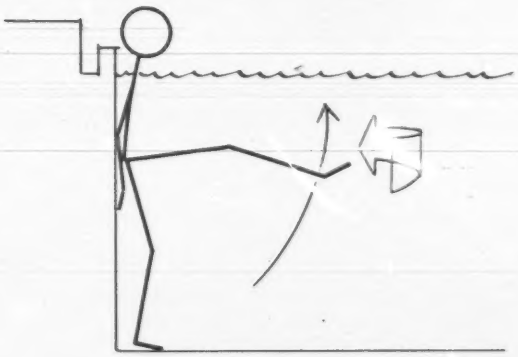


ABDOMINAL EXERCISES

Purpose: To develop and firm abdominal muscles for better body performance and figure control

Action:

1. Dolphin Kick — in deep water, vertically practice dolphin kick holding on to edge of pool.
2. Chest-Bend-Straddle — back to wall holding on with bent arms, count 1, bend knees to chest; count 2, extend with pointed toes; count 3, straddle; count 4, squeeze legs together keeping toes pointed.
3. Leg Lifts — stand with back to wall, left leg straight up without bending at waist, left leg sideways, with bent knee, reverse legs.



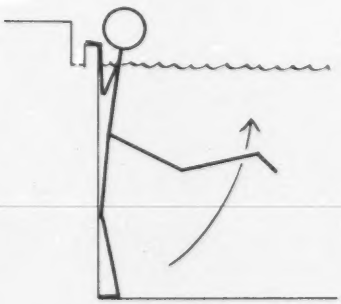
4. Belly Dancer — hands on hips, knees bent, rotate knees in horizontal plane right. Repeat to left. Balance on ball of foot and heel.

HIP AND LEG EXERCISES

Purpose: To tone hip movement and strengthen pelvic girdle with resistance

Action:

1. Rear Leg Extension — face wall with stomach pressed against it; raise leg out keeping toes pointed, pull leg back to starting position. Repeat with other leg.



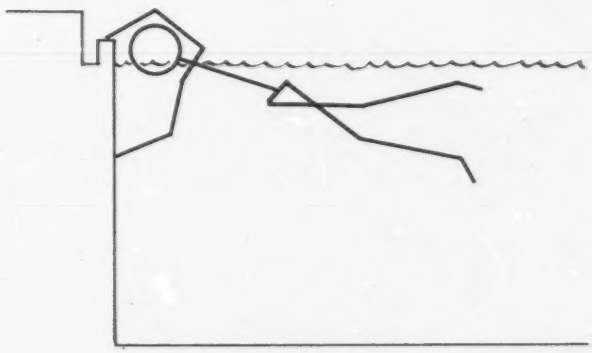
2. Leg Circles — face wall; rotate ankle, knee, then raise leg and do windmill circles. Reverse procedure, repeat using opposite leg.
3. Cross-over — lie on back holding wall with bent arms; cross left leg over right leg twisting hips with legs extended and toes pointed; repeat with opposite leg.
4. Frog Kick — face wall in deep water hugging side of pool keeping stomach up against wall; practice whip kick motion or frog kick.

EXTREMITY EXERCISES

Purpose: To promote better functional use from arms and legs

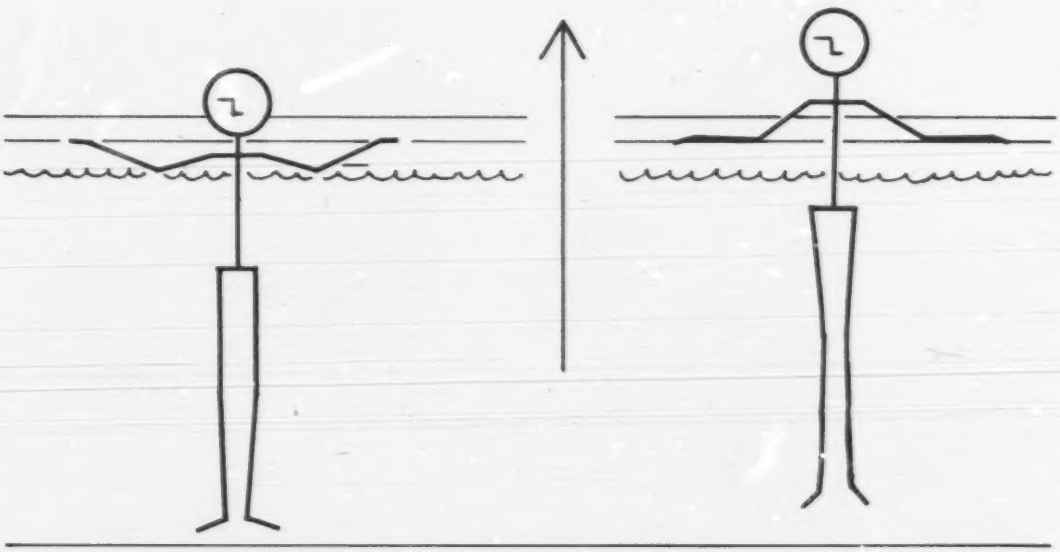
Action:

1. Scissor — lie on side grasping side of pool. Practice scissor kick. Turn over and repeat. Try inverted scissor kick on each side.



2. Hamstring Stretch and Shoulder Pull — crouch with knees to chest holding side of pool; on given signal straighten arms and legs; return to starting position and repeat.
3. Arm Stroking — standing in shallow water, practice various arm swimming strokes: crawl, backstroke, breast, side, butterfly, elementary back.
4. Back Lift — back to wall holding on to pool wall, keeping arms straight, bend knees and squat, causing arms and elbows to bend. Keep back against wall. Repeat.

5. Arm Lift — in deep water have back to wall and hold on to wall. Raise body out and in water, keeping vertical positioning.



6. Ankle Pull — bend knee and grasp ankle facing wall. Repeat using other leg.
7. Pool Walk — grasp wall with outstretched arms and legs. Move right arm and right leg to left arm and leg. Extend left leg and arm as far as possible and repeat procedure.
8. Side Stretch — stand with legs apart and straight. Place left hand on hip and bring right arm overhead. Repeat. Change sides.
9. Hip Stretch — stand with feet together, extend left foot out and bend knee, keep right leg straight, lean on left knee. Repeat to right.
10. Angel Wings — lie on back in water with legs and arms extended. Draw arms up to shoulders. Halfway, elbows drop and hands rotate. Press away from shoulders in opposite direction of body. Movement of feet is a short flutter kick.
11. Windmill — lie on back with hands at side. Hands pull downward, back and around making quick circles under the water. Leg and foot repeat same action.
12. Calf Stretch — stretch foot to full extension of the leg and drop heel first in water while lying on back with hands at side.

III. RECREATIONAL SWIMMING

The dictionary defines recreation as *refreshment after toil* or the *act of creating anew*. Some form of recreational swimming activity should be included in every lesson to maintain interest, break monotony and have fun in the water. It also offers relief from tension which may result from sustained effort and facilitates the mastery of fundamentals. Sound teaching principles require, however, that appropriate caution be exercised in the use of recreational activities. Games, contests, stunts and relays must be evaluated in terms of their suitability and benefit to the participants.

Factors influencing the suitability of activities are:

Age
Ability
Sex
Number of participants
Time
Water space
Equipment required
Swimmer interests and preferences
Relationship to instructor
Temperature (air and water)
Danger
Benefits
Practicality
Social benefits

TEACHING HINTS

The instructor should:

1. emphasize activities which keep the *entire group* active
2. make the membership of teams equal in number and ability to preserve the challenge of a competitive situation
3. exercise judicious control over the participants
4. be enthusiastic without dominating the group. The instructor's personality will help to make the game fun.
5. explain each game, stunt or relay completely and clearly and then ask for questions.
   a. Rules should be simple and safe.
   b. Rules should be changed if they don't fit the situation or the facilities.
   c. A winner always should be announced.

Teaching Hints at Skill Levels

1. At the learn-to-swim level, especially with children, swimming should be an enjoyable activity. Where possible, everything should be a game or stunt. The instructor should find out the ability and interest of the group and give the students games and stunts they enjoy which cover skills being taught.
2. At the junior level, a sense of accomplishment can be obtained by using skills and strokes already learned — repetition will help in gaining mastery.
3. At the intermediate and senior levels, good vigorous activities are excellent for conditioning. Relays and games which include strokes or skills that need repetition should also be used.
4. At the end of the activity, the instructor should line up the group and quiet them down. A winner should be declared and the class dismissed under control.

SWIMMING FOR THE HANDICAPPED

The values of a recreational swimming program for the retarded and physically handicapped are: development of a year-round form of enjoyable participation in water activities, swimming skills, self-esteem through accomplishment and an opportunity to experience fun in the water.

Understanding the Handicapped

The handicapped is a person first, then handicapped. He

- has desires, urges, emotions and drives
- wants to be wanted, accepted and respected
- does not want sympathy
- desires understanding.

Teaching the Handicapped

1. The teaching approach should be one through which the instructor develops a good teacher-pupil relationship.
2. The instructor should make a determined effort to learn as much about the student as possible so that the program can be planned to meet the student's specific needs.
3. Both the teaching and learning processes should be enjoyable and meaningful.

Values of Swimming for the Handicapped

1. Swimming is a recreational activity that can involve participants without competition.

2. Swimming movements are so diversified, the learner can experience success and as a result, satisfaction and confidence motivate the individual to attempt other activities.
3. Swimming offers a series of safety skills.
4. Overcoming fear of the water may produce a sense of ability to overcome other fears.
5. The possibility of improved coordination may carry over into the normal activity of living.
6. Swimming is an outlet and means of social relaxation for all.

IV. GAMES, CONTESTS, RELAYS, RACES

GAMES AND CONTESTS

Beginners

Alpha-Balloon Contest
Number of Contestants: 12 players per team
Equipment: Lettered balloon per person
Action: There are 2 equal teams. Each person is given an uninflated balloon on which a letter has been written. Everyone scatters in the swimming area. The instructor calls out a word, and everyone swims to his side of the pool, gets out, and blows up the balloon. They then spell out the word. If a person does not have a needed letter, he must jump into the water. The first team to have the word spelled correctly and other members of the team in the water wins.
Variation: Teams must swim a given stroke for the contest round. Winning team chooses stroke for next round.

Anagrams
Number of Contestants: 10 to 25 (age level 10-14)
Equipment: Large flat stones, each painted (with waterproof paint) with letter of alphabet — 2 sets of alphabets and 4 sets of each vowel.
Action: Stones are placed in shallow water. At the signal "go," some contestants from each team wade in, recover the stones and bring them to the end of the pool while one or more of their teammates make up words of more than 3 letters. At the end of the time limit, the team having the most words is the winner.

Artillery Battle
Number of Contestants: Any equal number
Equipment: 2 balls
Action: Two teams line up facing each other. Each team has a ball and tries to hit as many opponents as possible. When a contestant is hit, he must drop out. When 1 contestant is left, his team is declared the winner.

Artillery Skirmish
Number of Contestants: 12 to 18
Equipment: Playground or water polo ball
Action: The players form a circle in the shallow end, arm's distance apart. Number off (1, 2, etc.). The instructor throws the ball into the center of the circle while calling out a number. The contestant whose number is called, swims toward the ball while all others swim away from the ball. When he gets the ball, he calls "Stop" and tries to hit one of the players with the ball. If the thrower hits another player, the latter is eliminated from the game. If the thrower misses, he is eliminated from the game. The game continues until one player remains and is declared the winner.

Balloon Ball†*
Number of Contestants: 10 to 20
Equipment: Balloon
Action: There are 2 teams. The defensive team surrounds an inflated balloon in the water. The attacking team lines up along the edge of the pool, and on command "go," attempts to break the balloon within 1 minute. One point is scored for each burst balloon.

Blindman's Swim*
Number of Contestants: Any number
Equipment: Whistle, blindfolds
Action: All swimmers are blindfolded except one, who is "it." "It" swims underwater with a whistle. Each time he surfaces, he must blow the whistle, and the others try to tag him. The player who tags him becomes "it" (the whistleman).

British Bulldog
Number of Contestants: Any number
Equipment: None
Action: Players assemble on one side of the pool. One player — the bulldog — treads water in the center of the pool. On signal from the bulldog, all the swimmers submerge and attempt to cross the width of the pool underwater. While the bulldog tries to intercept one player (or more if possible) and attempt to force him to the surface, the player attempts to break free and continue his underwater crossing. Any player forced to the surface (head must break the surface) becomes a member of the bulldog's

Note: For consistency, the male pronoun is used throughout the section, "Games, Contests, Relays, Races." The activities, of course, are equally applicable to boys and girls.
* Good activity for physically handicapped
† Good activity for geriatric groups
‡ Good activity for water carnival or other special event

team. On each crossing, of course, the number of players in the center increases while the number of players attempting a crossing decreases. The last player crossing successfully becomes the bulldog for the next round.

Catch and Carry

Number of Contestants: Any number

Equipment: Stones

Action: There are 2 teams. At the signal, players dive for stones at the bottom of the pool. On surfacing, they form a receiving line and pass stones to the edge of the pool. The team which retrieves the most stones is the winner.

Charlie Over The Water

Number of Contestants: Any number

Equipment: None

Action: Players join hands in a circle. One player is "Charlie," who stands in the center of the circle. The other players walk to the left or right around the circle, chanting:

Charlie over the water,
Charlie over the sea;
Charlie caught a blackbird,
But he can't catch me!

As they say "me," the players squat quickly under the water. Charlie tries to tag a player before the player gets into a squatting position. If he is successful, the player whom he tagged changes places with him and the game is repeated with the new "Charlie" in the center.

Couple Tag†*

Number of Contestants: 14 to 20

Equipment: None

Action: In this deep water game the couple designated as "it" tries to tag another couple without releasing the partner's hand. If a couple breaks hands to keep from being "it," they are caught immediately and become "it."

Crazy Dives

Number of Contestants: Any number

Equipment: None

Action: Purpose of the game is to acquaint beginners with the diving board and the feeling of jumping off. Contestants should be told they may be as original and creative as they like. The only condition is that their dive or entrance into the water must be safe for them (within the range of their own ability). Instructor may divide "dives" into categories, have those not participating or entire class judge.

Variation: The instructor specifies a particular part of the body the contestant must hold upon entrance or a part of the body that must be last (or first) entering the water.

Drop the Puck†

Number of Contestants: Any number

Equipment: A puck or other weighted object

Action: Players stand in shallow water and form a circle, around which "it" swims with a puck in hand. He drops the puck behind one of the players who must recover it and give chase around the circle, trying to catch "it" before he can take the player's place. If player does not catch "it," he then becomes "it."

Variation: The game can be played by swimmers of all levels by changing the water depth and putting in a specific stroke that "it" or the player giving chase must do. If the player giving chase fails to catch "it," he then becomes "it."

Duck the Loop

Number of Contestants: Any number

Equipment: Float lines, a whistle, (record player and records may be used)

Action: This game is adapted to any ability level. A loop is made by floats fastened to a line, or by rope strung around stakes, or in any other manner. (The float lines used for competitive swimming are excellent.) The loop is technically float lines placed in a formation of a circle. The size of the loop should be adjusted to accommodate the number of players.

All players start outside the loop. On a double blast of the whistle (or start of the music), the swimmers start swimming around the outside of the loop. When the whistle blows once (or the music stops), every player ducks under the loop without touching it and moves to the inside of the circle. The last one under drops out. The whistle blows twice again (or the music starts) and the players start swimming around the inside of the circle. (Different strokes may be used according to the discretion of the teacher.) When the whistle blows once (or the music stops), every player ducks under the loop — going outside — without touching it. The last one under drops out. The game is continued until only one player — the winner — is left.

Variations: The float line can be placed in the shallow end of the pool. This would accustom beginners to putting their faces in the water and help them learn to swim underwater. The float line can be used for the practice of different strokes and to build endurance. It can be placed in the middle of the pool to accommodate intermediate swimmers. Finally, the line can be placed in the deep end to give advanced swimmers the practice of endurance and

underwater breathing. It is a good game to teach the beginning aspects of lifesaving. Played with music, the game can be used on the 3 levels to teach and practice synchronized swimming.

Electricity*†

Number of Contestants: Any number

Equipment: None

Action: The players stand in shallow water and form a circle holding hands. The instructor squeezes the hand of his neighbor, who submerges and then passes the squeeze to the next player's hand, and so on, until back to the instructor. All are now submerged. The instructor starts the current again and when a player's hand is squeezed this time he stands back up.

Floating Fiction

Number of Contestants: Any number

Equipment: 1 newspaper for each contestant

Action: Contestants are lined up at the starting line with their backs toward the finish line. Each is given a newspaper. On the signal "go," each contestant must glide on his back, kick feet and read aloud from the newspaper, which he must try to keep above water. The contestant crossing the finishing line first wins. Failure to return the newspaper, to continue reading aloud or to remain in floating position results in disqualification.

Fox & Eggs*

Number of Contestants: Any number

Equipment: None

Action: Two "its" are chosen — "Mother Hen" who remains at the edge of the pool with her roost and "Mr. Fox" who goes to the middle of the pool. Each participant is assigned a color. "Mother Hen" asks "Mr. Fox" the time. Mr. Fox replies anytime he wants; however, if he says: "12 o'clock midnight" all the eggs must swim to the opposite side of the pool without being tagged. Tagged eggs become foxes. When all the rest are safe in the roost, Mr. Fox asks for a certain color egg. This egg must swim across the pool without being tagged by any of the foxes. Game continues until 2 eggs remain who become "it" for the next game.

Variation: Instead of colors, eggs may be assigned various swimming strokes.

Giant Swimming*

Number of Contestants: 10-15 (age level 8-14)

Equipment: None

Action: All the contestants line up at the shallow end of the pool while "it" treads water at the deep end. With less skilled groups, the game could be done in shallow water from one side of the pool to the other. Large groups can be divided in half with 2 games going on simultaneously in different sections of the pool.

"It" points to 1 player and tells him what stroke or skill to do and how far to do it. For example, "it" might say, "Two dog paddle strokes," "Float for 2 seconds on your stomach," "Swim underwater for 5 strokes," "Walk forward 3 steps." The player says, "May I?" "It" says, "Yes," and the player performs the skill. If he does not say "May I," he must return to the start and wait until his next turn. Once the player has executed the stroke, he must tread water in place until his next turn. If the skill is done improperly, the player must return to the beginning.

When a player comes within reaching distance of "it," he may tag him. Then he and everyone else try to swim back to the starting point before "it" tags them. Everyone, including "it," may use any stroke and may go underwater. If "it" tags a player, the latter becomes "it" and the game begins again. If no player is tagged, someone new is designated "it."

This game is good for building endurance and improving skills.

Variations: 1. For beginners, contestants may stand or float depending on their ability; "it" may hold onto the side of the pool while calling out skills, but must resume treading water after a short rest period; penalizing those who don't execute the skills well may be too discouraging.

2. Instructor is "it" for 1 game so that students can work on skills where they are weak.

3. At the end when "it" is trying to tag someone, everyone else might do the last stroke or skill he was instructed to do to get back to the starting point. "It" and the player who tagged him are allowed to do the breaststroke.

Jack In The Box

Number of Contestants: 15 to 20

Equipment: None

Action: One leader is chosen from the group to stand at the base of the pool. The rest of the group lines up along the width of the pool. Upon the command of "Jack In The Box," the participants must get to the other side of the pool and out of the water as soon as possible. The last one out is eliminated. The leader may omit the word "Jack" from the phrase; if he does, any player who moves is also eliminated.

Knot Contest‡
Number of Contestants: Any number
Equipment: Lane marker and small pieces of rope
Action: A rope stretched across the width of the pool has small pieces of rope tied onto it for every participant. Player #1 jumps in the water and unties the first piece and swims back to the starting point. Player #2 repeats action and so on until no ropes remain. The team that completes the task first wins.

Merry-go-round*
Number of Contestants: Any number
Equipment: None
Action: Players join hands and form a circle at the shallow end of the pool. They count-off by twos all the way around the circle. A person is chosen "it" and he starts the circle moving around, always increasing the speed. When "it" thinks the circle is moving fast enough, he yells "Ones ride." The ones lie on their backs while the twos pull them around. After the ones have ridden, "it" yells, "Twos ride." This continues until the leader thinks the participants have had enough fun.

Merry Mix-Up
Number of Contestants: Any number
Equipment: None
Action: The instructor starts all contestants from the same starting point. The objective is a point 25 yards away. The group starts off with the "combined" stroke on front. One blast of the whistle means "change of direction," 2 short blasts, "combined stroke on back," and 2 short whistle blasts, "combined stroke on front." It will prove to be a lot of fun especially if the contestants end up where they started rather than at the finish line.

Motorboat, Motorboat
Number of Contestants: 2 to 10
Equipment: None
Action: In shallow water holding hands contestants walk clockwise in circle singing: "Motorboat, motorboat, go slow as you know; motorboat, motorboat, blow bubbles fast as you go." Then they submerge and blow bubbles.

Musical Race*‡
Number of Contestants: Any number
Equipment: Any type of hand instrument (example: maracas)
Action: Follow rules for Floating Fiction (p. 00) but play instrument while crossing.

O'Grady in the Water
Number of Contestants: Any number
Equipment: None
Action: All contestants stand in shallow water. The leader gives commands, some prefaced by his saying "O'Grady says..." and others not. The contestants must execute the commands prefaced by "O'Grady says. . ." and stand motionless on the others. Such commands as the following may be used: "Duck your head, float, tread water, touch bottom, flutter kick," etc. Those moving at the wrong time or executing the command incorrectly have 1 point scored against them. Those with 3 points must pay a forfeit.

Piggyback Wrestling
Number of Contestants: Any number
Equipment: None
Action: In chest deep water, players team up by mounting the shoulders of a partner. On signal from the referee, each pair attempts to topple all other pairs. Players may be allowed to use their hands or may be required to hold their hands interlocked (i.e., swimmer walking on the bottom holds hands of the player mounted on his shoulders; this tends to minimize the possibilities for rough play).

Posing*
Number of Contestants: Any number
Equipment: None
Action: The contestants may take turns at playing "policeman." The policeman takes a deep breath and stays underwater as long as he can. When he comes up, he quickly looks at all the players. If the policeman catches anyone not using one of the skills he has learned, he becomes the policeman. If the new policeman finds anyone trying one of his skills, he may try again or choose another policeman.

Red and Yellow
Number of Contestants: Any number
Equipment: One red and one yellow object
Action: Two teams line up in the water facing each other. The instructor throws one object into the water. If it is yellow, the yellow team must try and catch a red team member before he reaches his goal. Procedure can be reversed. Anyone caught is a "prisoner" and must be held in the enemy's goal. The team with the most prisoners wins.

Red Rover*†
Number of Contestants: Any number
Equipment: None
Action: This is a good activity to familiarize players with each others' names. One contestant calls

out to other contestants, "send (contestant's name) over." The person named tries to swim past the caller without being tagged. If he is tagged, they both "call" and endeavor to catch the next contestants. Contestants may surface dive and swim underwater to elude the caller. The survivor wins the game.

Variation: Contestants are divided into two teams. Team A stands with hands clasped beneath the water surface. Team B lines up at end of pool. Team A says "Red Rover, send _____ over." The person called tries to penetrate Team A's line while not touching the bottom. If he hasn't done so in 1 minute, he becomes a member of Team A. If he does, he returns to Team B at edge of pool. One point is scored for each returning team play.

Scramble

Number of Contestants: Any number

Equipment: Water polo ball

Action: A game like water polo but simplified so that there are as few rules as possible. Played in shallow water by nonswimmers. Any method may be used to progress the ball to the opponent's goal in order to score.

Shine Relay*

Number of Contestants: Any number

Equipment: None

Action: Contestants form a circle in shallow water. They lie on backs, finning. Instructor calls on each contestant in turn to "shine." The contestant who is "shining" performs a skill (front float, recovery, bobbing, stroke, etc.).

Ship‡

Number of Contestants: 10-25, depending on size of swimming area

Equipment: Buoyed line markers to mark out the ship's boundaries if using an open area. It is not necessary to have the swimming area in the shape of a ship; a square or rectangular area will work.

Action: The swimming sailors move to each of the 5 stations aboard the ship as the leader calls the commands that go with each station. This will acquaint them with the 5 stations.

Station #1 is in the bow of the ship. All sailors swim to the bow whenever "man the lifeboats" is called. Station #2 is the ship's left side or "port." Station #3 is the ship's right side or "starboard." Station #4 is the ship's stern or "man overboard." The 5th station may be used at any time and the leader calls "lower the boom." On this command all sailors must duck under the water to avoid being hit by the fictitious boom.

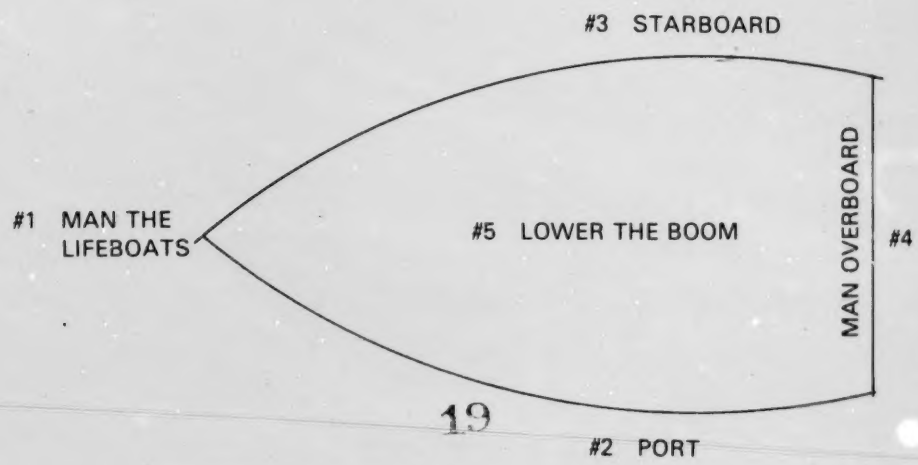
The game must be played several times until all are familiar with the stations. Sailors are eliminated when they are the last person to the station's boundary or in the case of #5, the last to duck underwater. Eliminate 4 or 5 players then let them reenter the game. Select the winner(s) by the player(s) who has never been eliminated.

Ship may be used at all levels with certain modifications.

Variations: Non-swimmers — Shallow water, running instead of swimming, small area

More advanced swimmers — Change stroke used (breaststroke, sidestroke, crawl); deeper water; "lower the boom" use underwater swim to a side instead of ducking under

This game may be used on the beach for warm-up activity too.



Sink and Blow
Number of Contestants: Any number (Ages 9-10)
Equipment: Balloons
Action: Each contestant is given a balloon. On the signal "sink," each contestant releases the balloon and lets it sink to the bottom of the pool. On the signal "go," each contestant is to take a bite of air and submerge to recover the balloon. While still submerged, he is to inflate the balloon. The contestant to inflate the balloon first is the winner.

Snatch Game
Number of Contestants: 6 to 10
Equipment: Polo ball
Action: Contestants form 2 teams facing each other. Each team numbers off (1, 2, etc.). The instructor then calls a number and throws the ball into the swimming area between the teams. As the number is called, the 2 opponents whose number has been called, swim to the ball. The first to reach it, grasps it and swims back to place while opponent pursues. If he is tagged while carrying the ball, the opposing team scores one point. If he reaches home safely, his team scores. The team having the greatest number of points wins.

Swimming Game*
Number of Contestants: Any number
Equipment: None
Action: A group of children are in the shallow end of the pool. A leader stands in front of them. The children go underwater and open their eyes. The leader puts up a certain number of fingers. The children must see how many fingers the leader has up, then they must pop up and shout the number.

Tag
Number of Contestants: Any number
Equipment: None
Action: Any form of tag is popular and will provide a good deal of active fun if the numbers involved are not large. Larger classes should probably be subdivided by skill into groups of about six. Ball tag is a good preparation for more complex ball games. Care must be taken when the ball is to be thrown *at* rather than *to* another player. A large, soft rubber ball is generally effective in developing ball control, without posing risk of injury (a water polo ball is too firm to be thrown directly at the head of another player).

Thru the Looking Glass
Number of Contestants: Any number
Equipment: None
Action: Successive beginners' strokes may be taught by imitating things in the water, such as fishes and boats.
(1) Breath holding: inhaling and then letting the air out when the head is underwater. The water will bubble and sound like a motorboat.
(2) Rhythmic breathing: a duck wants to get food so it puts its head in the water, catches the worm and takes its head out to eat the worm. He then repeats the process.
(3) Prone float and back float: imitation of a turtle — stretch arms and legs out, place head in water, float, take head out of water and float.
(4) Prone glide: looks like a canoe — a long, narrow object gliding through the water.
(5) Back glide: looks like a boat because of the position of the arms. It is broader and a boat is broader than a canoe.
(6) Kick glide: when done properly, sounds like a steamboat.
(7) Arm stroke and leg stroke combined: the class paddles the steamboat and in this way, learns to use the arms and legs until stroke is perfect.

Toads and Tadpoles*
Number of Contestants: Any number
Equipment: None
Action: Players are divided into 2 teams of "toads" and "tadpoles." In the shallow end of the pool, the teams are lined opposite each other, widthwise in the pool on a line designated by the instructor. Students assume a stride-stand facing the teacher with 1 foot on the line and ready to run toward either goal line, which in this case will be their own side of the pool. The teacher stands at 1 end of the 2 lines and calls either "toads" or "tadpoles." If the instructor calls "toads," they run and are chased by the "tadpoles." If a toad is tagged by a tadpole before he reaches safety at his goal-line, he becomes a tadpole. The tadpoles are chased by the toads when the teacher calls out "tadpoles." After each chase, the players resume their starting positions on the line again unless they become one of the opposite team. The team with more players at the end of the playing period wins. The instructor can keep players alert and ready by drawing out "T..." when calling signal to start a chase. Each team must be given equal times to chase.

Variations: The game can be moved to the deep end of the pool with different strokes designated to be used in chasing.

Toy Sail Boat Race*†

Number of Contestants: Any number

Equipment: Ping pong ball for each contestant; straws

Action: Players line up in the shallow water with a straw in mouth. At the signal "go," each contestant tries to blow air through the straw, forcing the "boat" (ping pong ball) to the other side of the pool. The first boat reaching the other side wins.

Treasure Hunt*

Number of Contestants: Any number

Equipment: Coins

Action: Pennies are randomly tossed into the pool. At the command, everyone jumps into the pool and collects as many pennies as he can within the time allocated. One point is scored for each penny collected.

Variations: The instructor forms teams, has a special coin for added incentive, gives various point values to different coins.

Water Freeze Tag*†

Number of Contestants: Any number

Equipment: None

Action: One person is "it" and tries to tag the others. A tagged person must remain "frozen" until someone frees him. However, a player cannot be freed more than 1 time. There is a 2-minute time limit for "it." At the end of the class, the person who tagged the most persons at the end of his round wins the game.

Water Hopscotch

Number of Contestants: 6 players (beginners, ages 8-12) / hopscotch court

Equipment: 1 hopscotch court / every 6 players; 1 jacks rubber ball / player

Action: This game is played like regular hopscotch. A hopscotch "court" is constructed out of 24 styrofoam balls (2" in diameter) and thin rods or wood, 17-18" long, 4-36" long. The wood is punched through the styrofoam balls to form a court. (See Diagram.)

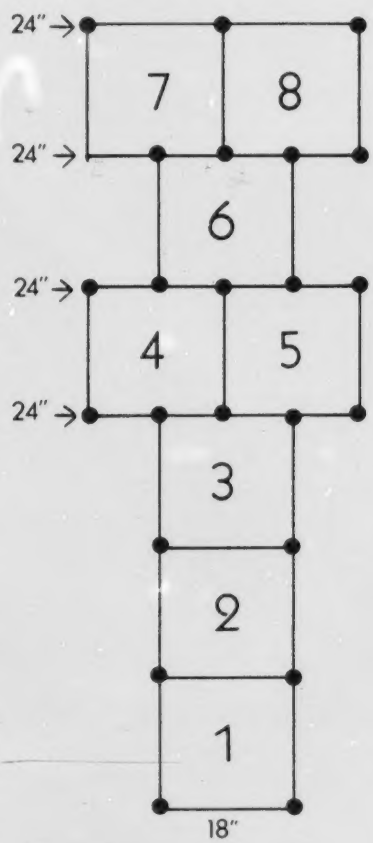
Each player has a jacks rubber ball which serves as a "rock." The first player tosses the ball into the 1st square. Instead of jumping over it (as in regular hopscotch), the player submerges and goes under the first square (which contains the ball) and emerges his head through the 2nd square, submerges and emerges his head through the 3rd square, etc. until the 8th square has been emerged through.

For the return trip, the player submerges and swims underwater until reaching the square containing his rock. He emerges through that square, picks up his ball, submerges and swims to the starting point. He then throws the ball into the 2nd square and continues the same.

If he should miss the next square when throwing the ball, or touch the sides of the court when emerging through it, he loses his turn and the next player begins. The first player to go all the way up and back is the winner.

Two players should always be at the upper corners of the "court" to steady it.

This game shall be played in the shallow end to start. It is mainly for breath control and underwater swimming. As students progress, the game may be moved to the deep end and students can tread water while waiting their turns.



BEGINNING — STARTING POINT

Water Number Change†

Number of Contestants: Any number

Equipment: None

Action: Players are in a circle in chest-deep water and number off. One player is "it" and is in the center of the circle. "It" calls two numbers and the holders of these numbers must exchange places. "It" tries to get to one of these places before the other player does. If he succeeds, the player left without a place becomes "It."

Whistle Mixer*†

Number of Contestants: Any number

Equipment: Whistle

Action: This game can be used as a warm-up activity and practice for skills already taught. Game is similar to musical chairs. Contestants swim according to the instructor's directions (crawl, finning, floating, bobbing, etc.). When the whistle is blown, contestants stop swimming and form a circle. The number of whistle blasts indicates the number of people in each circle. Those who are extra, or those in circles with an incorrect number of contestants are disqualified and repeat from the beginning. The instructor might want to try blowing the whistle just one time — the variations of single circles (if contestants think fast enough to form them) are creative and amusing.

Variation: If the game is played in deeper water, kickboards are scattered in the area. Contestants must form circles by towing the kickboards.

The Wild Duck

Number of Contestants: 6 to 9

Equipment: 3 pieces of 1/2" rope tied individually to form 3 circles, 3 rubber pucks

Action: In shallow water the instructor places 3 ropes about 6' from the side of the pool. Within each circle a puck is placed. The contestants line up in the direction of the submerged ropes. The instructor shouts "hunt" and the "ducks" hunt for their food.

The contestants line up (individually or teams). Using a prone glide holding their breaths, the "ducks" push off from the side of the pool, keeping their eyes open to locate the circle with the food, change their direction and level off, kick glide to tell their fellow "duck" who immediately sets out with a prone glide. He searches with his eyes and returns home with the food. The team finishing first is declared the winner.

Intermediate Swimmers

Alaska Baseball‡
Number of Contestants: Entire class
Equipment: Water polo ball
Action: There are 2 teams — the one at bat is lined up in the shallow end and the one in the field is scattered in shallow and deep water. A straight line provides the boundaries, and the team at bat is behind this line at about the middle. One player hits the ball to himself and bats it. As soon as he sends the ball into the playing area, he starts to run around his own team. Each time he passes the head of the line, the team gives a loud count (there are no outs). The first fielder to get the ball starts to pass it over his head to the nearest teammate, who moves directly behind him to receive the pass. The rest of the fielders swim to the ball and form a line behind it. The ball is passed back overhead until the last player in line has a firm grip on it. This player shouts, "stop," and a count is made of how many times the batter ran around his own team. After 5 batters have had a turn, the teams change positions.

Aquatic Obstacle Course
Number of Contestants: 20 to 30
Equipment: Starting blocks (bricks), hula hoop, kickboards
Action: At station 1, the student jumps into water (cannonball) and dog paddles to station 2. At station 2, student walks up and over bricks and does sidestroke to station 3. At station 3, student does a surface dive through hula hoop, then proceeds to station 4 doing the American crawl. At station 4, student gets out of water, gets a kickboard, jumps in and does a whip kick to station 5. At station 5, student gets out of the water, dives off the diving board and does the backstroke to finish at station 6. *Note:* Each student will start at station 1 and proceed to station 3 before next begins course.

Balloon Rodeo*‡
Number of Contestants: Any number
Equipment: Balloons, 2 lane markers
Action: Each person attaches a balloon to the back of the head. Each lane is designated as a "corral" and 1/2 of the group is sent to each one. On a given signal, each contestant tries to break the balloon of others in the corral. When one person is left in each corral with his balloon intact, the instructor blows the whistle and these two proceed to the center of the area and attempt to break each other's balloons. Winner is one person left with unbroken balloon.

Balloon Tag*
Number of Contestants: 15 to 20
Equipment: Balloons and bandanas for each player
Action: One person is designated as "it." All players must wear inflated balloons secured to their heads by bandanas. The players must swim around the area responding to "its" call by swimming the stroke(s) he commands. "It" then tries to tag another player by removing the balloon from his head. Once a player has had his balloon taken, he becomes the new "it"; the original "it," with the stolen balloon on his head, becomes a player.

Barnyard*
Number of Contestants: 25-30
Equipment: Blindfolds
Action: Teacher must evenly divide class into five different groups and secretly tell each person to which animal group he belongs (ducks, pigs, dogs, cats or cows). Class will then enter the pool, scatter and put on their blindfolds. Teacher then instructs the students to make their animal sounds only and swim around to find other members of their animal group.

Cat 'n' Mouse
Number of Contestants: Any even number
Equipment: None
Action: This game involves any stroke(s) selected by the instructor. Students divide into 2 equal teams. Swimmers on Team 1 get into the water and can swim any stroke they wish in order to tag a member of Team 2. They may not, however, get out of the pool. Swimmers on Team 2 must swim only the breaststroke but can climb out of the pool to avoid being tagged. As soon as a swimmer on Team 2 is tagged, he becomes a member of Team 1. The last one caught is the winner.

Catch-call
Number of Contestants: Any number
Equipment: None
Action: Instructor stands at shallow end of pool. Contestants stand side-by-side in shallow water.

* Good activity for physically handicapped
† Good activity for geriatric groups
‡ Good activity for water carnival or other special event

The "caller" (instructor) calls out the swimmers one by one and states the type of stroke to be used (side, breast, crawl, etc.). The contestant who reaches the caller first, tags him and swims back to the starting place without being tagged by the caller then becomes the next caller.

Cat, Mouse, Dog Triangle*
Number of Contestants: 15-18
Equipment: None
Action: One player is designated to be the cat, one to be the mouse, and one to be the dog. The remaining players form 3 circles of equal numbers. The three circles should form a triangle. The cat, mouse and dog each has his own circle which is his place of safety when inside it. The game is played like tag, with the cat trying to catch the mouse and the dog trying to catch the cat. If the cat, mouse or dog gets tired, he can tag someone in his circle to take his place. If the mouse or cat gets caught, the roles are reversed. As the game goes on, it gets confusing which adds to the fun.

Center Water Dodgeball
Number of Contestants: Any number
Equipment: Soft rubber ball
Action: A circle is formed by all the players but one, who takes a position somewhere inside the circle. All of the other players try to hit him with the ball. The center player may duck, dive, dodge or stay underwater to keep from getting hit but may not go outside the circle. When hit, he is replaced by the player who hit him.

Chauvinist Charades
Number of Contestants: Any number
Equipment: Ball
Action: Teams line up at opposite sides of the pool. "It" swims to the center of the pool with ball and performs an action typical of "its" sex. A member of the opposite team (and sex) must guess what is being done. After identification of the act, the ball is thrown to the person, and "it" swims toward the team home base. If "it" is hit by the ball before getting there, he becomes a member of the opposite team. If he gets there safely, then the person with the ball becomes "it."

Couples Germ Tag†
Number of Contestants: Any even number
Equipment: None
Action: One couple is "it" and tries to tag other couples without breaking hands. If tagged, a couple becomes "it," and continues the pursuit. If any couple breaks hold, the tag does not count. Play continues until there is one untagged couple, "it" for the next game.

Doctor Dodge Ball
Number of Contestants: Any number
Equipment: 1 beach ball
Action: A beach ball is placed in the center of the pool. All participants spread out anywhere in the water, with one player ("doctor") sitting on the deck of the pool. As soon as the whistle is blown, any student may swim to the ball (any stroke), pick it up and try to hit another player. From then on, anyone may pick up the ball and toss it, trying to hit another player in the pool who is not floating on his back. As soon as a player is hit, he must roll onto his back and float until rescued by the doctor. The doctor must attempt all rescues by jumping into water (lifesaving jump), carrying the victim to the side of the pool, using any lifesaving carry, and then proceed to lift him on deck properly. Players are allowed to use any stroke in dodging the ball and the last player to remain in the water is the winner.

Dodge Ball
Number of Contestants: Any number (2 teams)
Equipment: Water ball
Action: Team A divides into 2 sections and surrounds a designated area in the water. Team B enters this area and, with the ball, attempts to hit a Team A player, who runs from side to side trying to dodge the ball. If he is hit, he must become a member of the opposing team. The last remaining team member must be hit with the ball within 3 throws or all his teammates are released.

Fishermen
Number of Contestants: Any even number
Equipment: Pucks
Action: Two even teams line up at the deep end of the pool. The instructor throws the pucks ("fish") into the water. At a given signal, the first players on each team ("fisherman") do a sitting dive or kneeling dive into the water and then surface dive to try and catch the fish. Players must retrieve one fish at a time and then swim to teammates and place fish on deck in front of them. When all the fish have been caught, a count is taken for each team and recorded. The fish are then thrown back into the water and the next 2 opponents proceed as the first. After all contestants have had a turn at being the fisherman, the number of fish

caught in each round by each team is totalled. The team with the most fish wins.

Fish Market*

Number of Contestants: 12 to 18

Equipment: None

Action: Each player on the dock or bank (edge of the pool) is given a name of some fish (perch, bass, catfish, etc.). One player is the fish market proprietor and another is the customer ("it"). Names of the various players are kept secret. The customer comes to the market. "What kind of fish do you want?" asks the proprietor. "I'll take trout" may be the reply. Immediately the trout dives off the dock and swims to an agreed safety zone with the customer in pursuit. If caught before reaching the safety zone, the "fish" becomes "it" and the player who was "it" before takes his place in the market and is given a different fish name.

Flutter-Kick-Fight*‡

Number of Contestants: Any number

Equipment: Kick board

Action: Two teams line up at opposite edges of the pool. A kick board is placed in the center of the pool to float on the water. At the signal, the 1st players on each team go to the kick board, grasp it, and at the command "go," begin to flutter kick and try to bring the opponent to his home side. The player who is captured then becomes a member of the opposite team.

Human Straw Letter Scramble

Number of Contestants: 24 or more

Equipment: Straws

Action: Teams are divided equally, with ideally 12 or 13 members on each team. Each team member, with straw in hand, enters water. One team is grouped near the 10' mark, the other at the 15' mark. On each team, 5 players are consonants and 5 are vowels; the remaining players (2 or 3) are blanks (any letter in the alphabet). (The blanks could be the swiftest swimmers.) The instructor calls out a swimming stroke which the players then perform along the pool's width, trying to reach the other side quickly to organize their team. Upon reaching the other deck, the players must spell the stroke they performed by getting on the deck and forming the letter they are with their straw in their hand, facing the water. A player can only be a letter he represents — either a vowel or consonant, but a blank can jump in anywhere. If the stroke is short, the extra players remain in the water. The first team to have the whole stroke spelled correctly so the instructor can read it wins the point. Scoring: 1 point each time a team finishes first; 5 points wins the game.

In And Out

Number of Contestants: Any even number

Equipment: 1 medium size ball

Action: Both teams are scattered throughout the pool. A ball is thrown into the middle and the player catching it must try to throw it to a teammate at the edge of the pool. This teammate must then climb out of the pool and immediately throw the ball to another teammate. Members of the other team try to get the ball away from them, but may neither prevent their opponents from climbing out of the pool nor get out of the pool themselves until they have the ball. After 1 team has successfully passed the ball in and out of the pool 3 times, it receives 1 point. The first team to score 11 points is the winner.

Keep It Ball*†

Number of Contestants: Any even number

Equipment: Large water ball

Action: One team is given possession of the ball and tries to keep it among its own players while the other team tries to capture the ball and pass it among its own players. The ball must be kept moving, the players tossing it from one to the other of their teammates. While a player is holding the ball, he may be dunked and held under until he lets it go.

Ladder Tag

Number of Contestants: Any number

Equipment: None

Action: Ladder tag is a form of tag played in a pool. The players are to enter the water in any manner and swim continuously across the pool scoring 1 point every time they do so. One person plays "it," staying in the center of the pool tagging whomever he can. When a player is tagged, he must deduct 2 points from his score and is "it." The player with the highest score at the end of the game is declared the winner.

Variations:

1. The players line up on the diving board and jump or dive continuously into the water and swim one length of the pool.
2. Use an increasing number of "its." Everytime someone is tagged, he must help in the center of the pool.
3. Players can do a specific stroke.

4. "It" can be blindfolded.
5. Underwater swimming may be used.

Log Water Tag*

Number of Contestants: Any number

Equipment: None

Action: The players line up on either end of the pool about 60' apart, or if in open water, behind designated goal lines. One player is the log. He floats on his back midway between the goals. The other players then swim around the log. Without warning, the log suddenly rolls over and chases the other players, who try and reach the goals without being tagged. Those tagged become logs and float in the center with the first log. The last one caught is the log for the next game.

Variation: The players can only use one stroke, such as the backstroke. Another time they can only use the sidestroke.

Marco Polo*

Number of Contestants: Any number

Equipment: Blindfold

Action: "It" wears a blindfold. Players are scattered in a designated area of water. "It" must tag one of the players using his senses of sound and touch. He locates them by calling out "Marco." They all must answer "Polo." When a player is tagged, he becomes "it."

Variations:

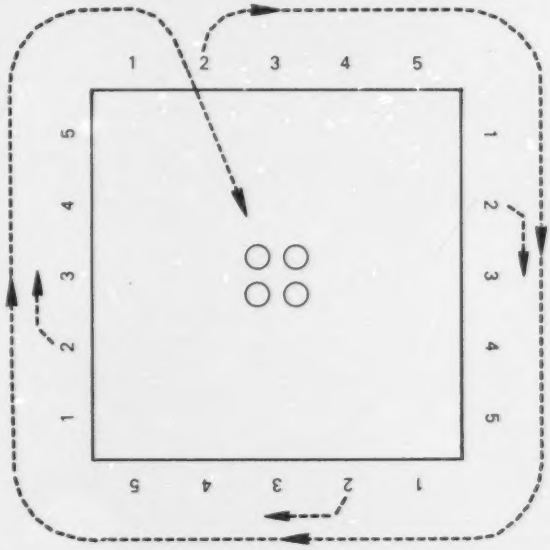
1. Move game to shallow or deep end of pool.
2. Play game in pairs or 3's.
3. Use underwater swimming with eyes open to locate members of class rather than blindfold practice.
4. With small classes, reverse process by having players shut eyes and have "Marco" with vision.

Mickey Mouse

Number of Contestants: 16-24

Equipment: 4 balloons

Action: This game is designed to develop endurance in each stroke and a sense of changing directions while swimming. In the shallow end of the pool, a hollow square is formed by 4 teams, each of which occupies 1 side facing in. Each team is numbered consecutively from right to left. There is one person on each team with the same number. Four balloons are in the center of the pool. The instructor calls out a number along with a certain stroke (crawl, breast, side). (Numbers should not be called in any order and each number should be called.) The 4 people with the called number swim to the right all the way around the square and through their own vacated space toward the balloons. The first person to swim a balloon back to his place is the winner and receives two letters; the player who is second receives one letter. The first team to receive enough letters to spell "Mickey Mouse" wins.



Octopus

Number of Participants: 10-13

Equipment: 1 playground ball

Action: On the signal from "it," all of the participants attempt to swim to the deep end. "It" attempts to hit any of the participants with the ball. When a swimmer is hit with the ball, he becomes part of "its" team, attempting to tag others by touch while treading water in the area where he was tagged. Swimmers who are tagged by one of "its" team must also tread water and try to tag other swimmers. Only "it" can throw the ball and move about the pool. Each time the swimmers swim from one end of the pool to the other, there become fewer swimmers and more taggers. The last swimmer to be tagged will be "it" for the next game.

To insure treading practice, all participants must swim or tread. *No standing allowed!*

Prisoner's Ball
Number of Contestants: Any even number
Equipment: 4 playground-size balls
Action: This is similar to dodge ball in that the purpose is to try to hit the opponents with the ball. Each team has one ball. At a given signal, the scattered players try to hit each other with the ball. When a player is hit, he goes out of the pool behind the opponent's playing area (known as prisoner's area). Players in the prisoner's area may retrieve balls and pass them back to their teammates but they may not enter the water to get the ball. The last team to have player(s) left in the playing area wins. As participants get the idea of the game, the leader may throw in the 2 extra balls. Teams change sides of pool at end of each match. See diagram below.

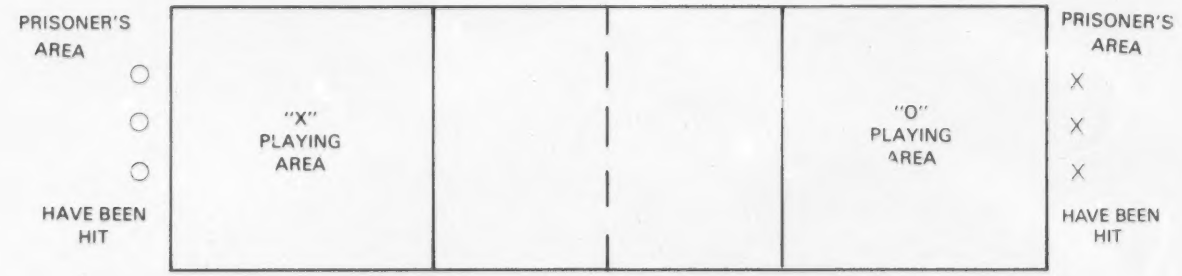
Push or Cage Ball* † ‡
Number of Contestants: Any number
Equipment: Water ball
Action: Two teams heading in opposite directions try to push ball by hands or feet. A goal is scored when the goal is reached by one team.

Red Light*†
Number of Contestants: Any number
Equipment: None
Action: One player (leader) stands at the edge of the pool while all the other players line up across the width of the pool. When the leader calls out "1, 2, 3, red light," all the other players must try to get to the leader's side of the pool. If the leader catches a player moving at any time except when he is making the call, that player must return to his side of the pool and begin again. The first player to get to the leader, becomes the leader and the game continues.

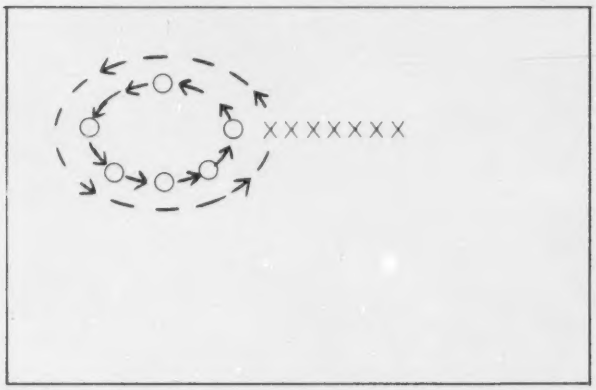
Road Runner
Number of Contestants: Any number
Equipment: Beach ball
Action: On a given signal, a member of Team 1 swims from the shallow end of the pool to the opposite end with a member of Team 2 chasing him. Team 3 member attempts to hit Team 2 person with a ball.
Scoring:
Team 1 — one point for each length of the pool, without being tagged.
Team 2 — one point per tag of Team 1.
Team 3 — one point per hit of Team 2 member.

School of Porpoises
Number of Contestants: 2 equal teams
Equipment: None
Action: There are 2 teams with half of each team at the deep end and the other half at the shallow end. Contestant number 1 from each team, starting in the water at the shallow end must do a series of surface dives, never touching the bottom of the pool until he reaches the other end. When the first person touches, the next one goes. Team member in the deep end must also start in the water. The instructor must be careful to see that no one pushes off the bottom. This game is good for practicing surface dives and breathing control.
Variation: Can be played as a race if there are not many members in the class.

Tadpole
Number of Contestants: Any even number up to 12
Equipment: 1 playground-size ball
Formation: 1 circle, 1 line
Action: Two equal teams are at the shallow end of the pool. One team forms a circle, and the other forms a line with the first teammate in the line about 3' from the circle team. The player in the circle standing nearest the line holds the ball. At a given signal, the ball is passed from player to player in the circle by having each player hop on both feet to the player next to him, carrying the ball in both hands over his head. After ball is passed, the player returns to his original position. The ball must make as many trips around the circle as there are players on the circle team. Example: 6 players on each team — 6 times around circle. At the same time, the players in the line must swim



around the circle, starting with the first person in line who touches off the second who then swims around the circle, etc. The line team is racing the ball as it is being passed around the circle. The team which finishes its respective task first wins the match. Teams should be reversed after each match.



Underwater Tag

Number of Contestants: Any number

Equipment: None

Action: Make use of long strokes, arm strokes, turning (closed course), sculling, treading water, standing front dive, and running jump into deep water. One player who is "it" starts counting to 10 while the other players make a running jump into deep water and swim underwater. As soon as "it" tags another player, the latter returns to the pool's edge and becomes "it." Contestants who have not been "it" share the honor of being winners.

Virginia Reel* † ‡

Number of Contestants: Even number of boys and girls

Equipment: Record player and record

Action: A square dance is quite easy to do in the water. The Virginia Reel is about the best for it is the easiest to keep pace with the music. Students stand along the side of the pool. Guys might wear ties and gals a bow clipped onto their bathing caps. A record is good for the music and makes the dance easier to keep up with the beat. The calls are adapted to different types of strokes. To minimize confusion, it is advisable to do a dry run of the dance at the edge of the pool and then another in the pool using the strokes called. When students are ready to start the dance, they form 2 lines, ladies on the left and gents on the right. The instructor then calls out:

Bow to your partner.

Everybody go forward and back.

Forward again in a right-hand swing.

Forward again in a left-hand swing (in place of two-hand swing).

Now dive over (ladies duck, gents dive over).

Breaststroke up and backstroke back (right shoulders) (in place of "Do-si-do").

Sidestroke down and back (in place of "Sashay head couples").

Follow around, ladies right and gents left (students change sides on the dive over).

Now form an arch.

Everybody hold your breath and under you go (underwater all the way so that the second couple is now the head).

The instructor should continue the calls until all couples are back to their original places.

Water Capture the Flag*‡

Number of Contestants: Any even number

Equipment: Inner tubes, 2 flags

Action: On a given signal, the 2 teams move from their opposing end lines and attempt to capture the other team's flag and bring it back to their own end line. Once a player has the flag, he may bring it himself or pass it to a teammate. Players may tip over an opponent if that player has a flag in his possession. If a team regains possession of its own flag, it automatically returns it to the endline.

Scoring: One point is scored each time the opposing team's flag is passed over one's endline. (The flag cannot be concealed while being carried.)

Water Poison

Number of Contestants: 12 to 18

Equipment: Floating object, such as kickboard

Action: Players join hands around a floating object. On a given signal, all try to pull the participants into the "poison" and avoid touching it themselves. All who touch it are eliminated. If two players break their grip, both are eliminated. The player who remains is the winner.

Water Punchball

Number of Contestants: Any number

Equipment: Ball

Action: Contestants are divided into 2 teams. One team assumes baseball positions in water. The other team is at "bat." The rules follow the same as land ball with the following additions: when a player punches the ball with his hand he makes a *running jump* into the water and *swims underwater* to first base. If he wants to go to second base, he must use a *leg stroke*. Going from 2nd to 3rd base he uses an *arm stroke*. Coming home he may swim *free style*. The team in the water must *tread water* in order

to put the team out. After 3 outs teams exchange places.

Water Spud

Number of Contestants: Any number

Equipment: Water ball

Action: Contestants form a circle in shallow water and count off consecutively. The leader stands in the center of the group holding the ball and calls out a number. The player whose number is called swims into the center for the ball while the other contestants swim away from the ball until the person gains possession of the ball and calls "stop." He then tries to hit one of the contestants with the ball. Anyone hit with the ball has one "spud" counted against him. The player who gets 3 "spuds" first is eliminated from the game.

Water Volleyball* † ‡

Number of Contestants: Any even number (ages 10 to 17)

Equipment: Water ball and rope (or net)

Action: Two teams are equally divided and placed at opposite sides of a net or rope stretched across the play area about 3' higher than the head. The game is usually played in shallow water. The object is to keep the ball going back and forth across the net without falling into the water. The first team to score 21 points wins. (Land volleyball rules can be used.)

Watermelon Scramble* † ‡

Number of Contestants: Any number (ages 12 and up)

Equipment: Greased watermelon

Action: A greased watermelon is tossed into the pool. At the signal, all contestants jump in the pool and try to secure it. The one who does is the winner. (*Note:* All safety precautions must be taken with this game.)

Whale and Fish

Number of Contestants: Any number

Equipment: Rubber ball, about 9" diameter

Action: This game is designed to promote endurance, strokes and treading water. Two swimmers, called whales, take a starting position in the center of the pool facing the side, each with a ball. The other players, called fish, line up on the side. On command from the whales, the fish try to get to the other side of the pool without getting hit or tagged by the ball. The whales may throw the ball as many times as possible before all the fish are to the other side and on the deck. Any fish touched by the ball becomes an octopus and must stand or tread water where he was when touched. The octopus now helps the whales catch fish. An octopus may not chase a fish but must wait until the fish is within his reach before tagging the fish. The octopus may submerge, but not swim underwater, to tag a fish who is trying to swim under him. When tagged by an octopus, a fish also becomes an octopus. The last two fish left are the whales for the next game.

Variations: Non-swimmers or beginners: Use the shallow end where they can half swim and half walk and do not have to tread water for the whole game.

Intermediate or advance beginners: Instead of calling fish, call a specific stroke.

Swimmers and up: Swim length, instead of width, of pool.

Advanced Swimmers

Balloon Rodeo‡
Number of Contestants: 20 (2 teams)
Equipment: Balloons and shoelaces
Action: Each person ties a balloon to his wrist with the shoelace. On a given signal, one team enters the playing area in the water. They tread water, while the other team attempts to break their balloons while trying to swim the length of the pool with their inflated balloons. Once they complete the run, the teams exchange positions. The team with the most inflated balloons at the end of the race wins.

Find Your Man
Number of Contestants: 2 teams of equal number
Equipment: None
Action: Two teams line up on opposite ends of the pool. At the signal, Team A drops down, feet 1st and swims along the bottom toward the other side. Team B swims the breaststroke, dives and tries to find members of Team A. If a Team B member finds a swimmer, he must return to the surface bringing the person with him. This discovered swimmer must help him search for other team members until all other members of Team A have been found or have reached the other side in safety. Then Team B has a turn underwater. Each team member who reaches the other side scores 1 point. The 1st team to get 20 points wins.

Lifesaving Relay
Number of Contestants: 8
Equipment: None
Action: Half the players are victims and the other half rescuers. Rescuers line up at the deep end, spacing themselves equally. Victims line up at the middle of the pool facing their rescuer. When the instructor blows the whistle, the rescuers jump into the water, swim toward their victim and rescue them. The first rescuer to get his victim safely to land (i.e., the shallow end or the deck of the pool) is the winner.
Variation: The instructor designates which one of the 3 carries (hair, cross chest, head) the rescuers should use.

Name It*
Number of Contestants: Any number
Equipment: Lifesaving equipment
Action: The instructor names an article near at hand. The 1st contestant who finds the article scores 1 point for his team. However, if he cannot demonstrate its use and purpose, the other team scores 5 points.

Snake
Number of Contestants: Any number
Equipment: None
Action: All swimmers line up in 1 line according to ability, with slowest swimmers in the front and fastest swimmers at the end. Swimmers start every 10 seconds.* All swimmers should swim the same stroke. If a swimmer catches the swimmer in front of him, he tags the caught swimmer, who must stop and tread water until everyone is finished. Players reaching the end must form another line and repeat the game. Those who make it to the end without being tagged are the winners.

*Each swimmer must swim up lane 1, down lane 2, etc., to the end.

Variations:
1. A specific stroke may be used.
2. Slower swimmers can swim the crawl — faster swimmers can swim the breast stroke.
3. Instead of tagging a swimmer, the contestant may dunk him.

Steal the Treasure
Number of Contestants: Any number (2 teams)
Equipment: Two bricks
Action: The pool area is divided into 2 equal parts. Each team hides its "treasure" (brick). One corner of the area is designated as the "jail." Members of each team cross the boundary of enemy territory and try to locate the hidden brick. If tagged by an opposing team member, they must be put in "jail." A prisoner may be freed by one of his own team members, if he is tagged while in jail. The tagged prisoner and his teammate cannot be tagged while returning to their own territory. The first team to find the "treasure" and return across the boundary line wins.

Survival of the Fleetest‡
Number of Contestants: 16
Equipment: None
Action: The class is divided into 2 teams (red fleet and blue fleet). There are 2 "battleships," 4 "destroyers," and 2 "submarines." One team

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* Good activity for physically handicapped
† Good activity for geriatric groups
‡ Good activity for water carnival or other special event

goes to deep water while the other is in shallow water. The object of the game is to sink the opposite fleet. The leading contestant should be a destroyer, followed by a destroyer in each quarter, with a submarine dead astern. Immediately behind the submarine is the battleship with a submarine on one side and a destroyer on the other side. The line of battle may be changed by instructions issued by the battleship. Touching the swimmer denotes that the ship has been sunk, thus eliminating him from the game. Submarine must attack swimmers underwater and may be repelled by the destroyer swimming directly above. Object of the game is to see which fleet can sink the battleship first.

Virginia Reel* † ‡

Number of Contestants: 10 to 20

Equipment: None

Action: Class is divided into 2 teams, numbered and placed alternately opposite each other as follows:

1 2 3 4 5 6 7 8 9 10

10 9 8 7 6 5 4 3 2 1

The instructor calls a number and gives an advanced skill (e.g., crawl, breaststroke, sidestroke). Both contestants having the same number exchange places doing what the instructor has said. The contestant getting to the opposite line 1st scores 1 point for his team.

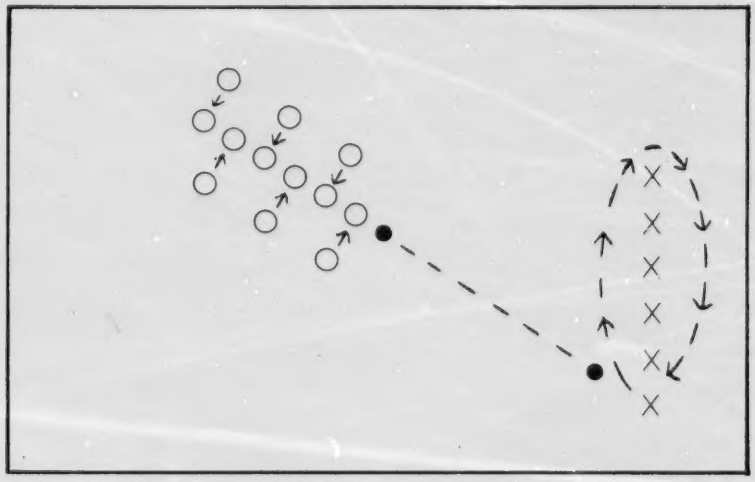
Water Baseball* † ‡

Number of Contestants: Entire class, works especially well with large classes

Equipment: Beachball

Action: The players are organized into 2 teams, one of which is at bat in a straight line about 3' from the shallow end of the wall and the other team is in the field spread throughout the entire pool. The 1st player at bat throws or punches the beachball into the other team's playing field. His teammates are in a close file just to his right. As soon as he sends the ball into the playing area, he starts to run (or use any swimming stroke) around his team. Each time he passes the head of the file, the team gives a loud count (1, 2, 3, etc.).

There are no outs. The 1st fielder to catch or swim to the beachball remains stationary by treading water and starts to pass the ball back over his head with both hands to the nearest teammate, who moves directly behind him to receive the ball. The remainder of the team must swim to the ball and form a file behind it. The ball is passed back overhead with each player handling the ball until the last player in line has a firm grip on it and shouts, "Stop." The team remains treading water in a single file so the instructor can see that every player has handled the ball. At the signal of "Stop," a count is made of the number of times the batter ran or swam around his own team. Allow 5 batters to bat and then change the teams.



Water Basketball* † ‡
Number of Contestants: Any number
Equipment: Ball
Action: Water basketball is played just like regular basketball except for dribbling. There are 2 teams; each divides into forwards and guards. The forwards try to make the baskets or points while the guards try to stop their opponents from scoring. The team with the most points wins. When played in shallow water, the dribbling is done upside down — that is, the ball is thrown up in the air for every step taken. When played in deep water, the ball is just carried along. The game is played the width, not the length, of the pool.

Water Punch Ball
Number of Contestants: 6-18
Equipment: Water polo ball
Action: A diamond is made in deep water by having rowboats at each base. The team is treading water except for the catcher who rests against the edge of the pool. The batter stands in front of the catcher and attempts to punch the thrown ball. If he gets a hit, he swims toward 1st base. The fielders must catch him off base by swimming towards him and tagging him out. The game is scored like baseball.

Whirl Catch
Number of Contestants: Large number
Equipment: Whistle
Action: Swimmers are in "L" formation. On a given signal, they will begin running around a designated area in the shallow end of the pool creating a "whirlpool" effect. On a blast of the whistle, they will begin doing the American crawl stroke in same pattern. On a given signal, they will assume back floating position in place. *Note:* This exercise orients swimmers to natural oceanic phenomena and develops reaction reflex to such situations.

RELAYS AND RACES

Individual racing always will arouse competitive interest, but instructors should be aware of the advantages of relay or team races. Individual competition has limited possibilities in a small group of swimmers since it generally affords repeated opportunity for a few superior swimmers to display their skill. On the other hand, with a team, varied combinations of swimmers will make for keener competition. In addition, while not emphasizing individual rivalries within a class, the instructor does stimulate the individual swimmer to excellence through expectations of peers. Races may take the form of mixed stroke relays or a time limit race. Teams are assigned one lane each in the time limit races with half the team at each end of the lane. One swimmer sprints a length; as he touches, another swimmer dives. Team members continue to change ends in this manner. At the end of an unannounced time limit, a whistle is blown, and the team having completed the greatest number of lengths is the winner.

"Elimination sprints" also may be used where facilities permit the whole class to swim simultaneously. On signal, the group enters and races across the area, either holding the buoy line or climbing to stand on the side of the dock or pool. When 90 percent of the class has gained this position, a signal is given to start the next sprint; those not ready for the whistle are eliminated on each crossing. Nine swims will be required to complete elimination. Obviously, the disadvantage of this type of race is that it eliminates precisely those most in need of practice and conditioning. The main purpose of screening and grading candidates is to group them for diverse programs of conditioning.§

Beginners

Arch Relay
Number of Contestants: 10 to 20 (ages 9-14)
Equipment: None
Action: Two teams line up parallel to each other in shallow water. Members of teams are in column formation standing astride. Rear player swims through arches to front, and the whole line keeps moving back to make room for him at the front. Play is continued until original order is restored. The first team to complete is declared the winner.

Backriding‡
Number of Contestants: Any equal number
Equipment: None
Action: Team members have partners of approximately the same weight. They walk, with partner on back, from one side of the pool to the opposite side, where positions are changed for the return trip. First team back to starting side wins.

Ball Line Relay‡
Number of Contestants: Any number
Equipment: 2 balls
Action: Two teams line up in the shallow end of the pool and number off in 3's. At the signal, the ball is passed overhead down the lines. When the ball reaches the last person, he must bring the ball to the head of the line. *Note:* Each number has a designated locomotor movement — #1 - hop, #2 - skip, #3 - jump. The 1st to finish wins the relay.
Variations:
1. The ball can be passed between the players' legs.
2. Another object can be substituted for ball.
3. Players can leap frog to the front of the line.

Balloon Bottom Buster*‡
Number of Contestants: Any number
Equipment: Balloons for every participant
Action: This game, adaptable to any level of skill, is composed of 2 teams. Half of each team is lined up on either side of the pool opposite one another. Each contestant has a balloon. The 1st contestant on each team enters the water by any method, swims to the opposite side of the pool and gets out onto the deck, where he blows up the balloon and sits on it to break it. The signal for the next contestant to start is the bursting of the balloon. The winner is the 1st team which has popped all its balloons and is sitting in a straight line on deck.

§Adapted from Canadian Red Cross, *Proficiency Skills, Dives and Games*, Vol. 5 (Toronto: Royal Life Saving Society of Canada, 1968), pp. 26-28.
* Good activity for physically handicapped
† Good activity for geriatric groups
‡ Good activity for water carnival or other special event

Variations: Beginners may run along the bottom of the pool if necessary.

For advanced swimmers:

1. The race can take place at the deep end and/or go the length.
2. Swimmers can be required to use a specific stroke.
3. Each swimmer can be required to enter the water in a different manner from that of the teammates who preceded him.

Balloon Relay‡

Number of Contestants: Any equal number

Equipment: Balloons

Action: Participants are divided into 2 equal teams. The teams are divided into 2 groups — half at the shallow end and half at the deep end. Each person is given a deflated balloon. Upon the signal "go," the 1st player on each team must get into the water and swim down to the other end of the pool while blowing up his balloon. The balloon must be completely blown and tied before he may get out of the water. After getting out of the water, the player breaks the balloon and the next person in line repeats the process. *Note:* Any entry to the water and any swimming stroke may be used. The relay continues until all players have completed their turn. The team finishing 1st wins.

Variations: The 1st players to go are each given a balloon already inflated. They get into the water upon the signal "go" (any entry), place the balloon under their arms and proceed to swim to the other end of pool (any stroke). There they must get out of the water with the balloon still under the arm and hand it to the next swimmer. The relay continues until every one has had a turn. The team to finish 1st wins.

The players are divided into two teams with half of each team at opposite ends of the pool. The players at the deep end each have a balloon. The first player of each team in the shallow end gets into the water. The deep end contestant jumps into the water with the balloon, levels off, turns over, and does a kick glide on his back, holding the balloon with arms extended over head (balloon will rest on water). He continues kick glide until his teammate, standing in shallow water, takes the balloon from his outstretched hands. The player then turns around holding the balloon, levels off and does a kick glide toward the deep end of the pool. As soon as the 2nd contestant places a balloon on the pool's edge, his teammate can jump in. Relay is continued until members of one team line up at the shallow end of the pool with balloons tucked in their arms.

Baton Race*†

Number of Contestants: Any number (ages 8-12)

Equipment: Batons

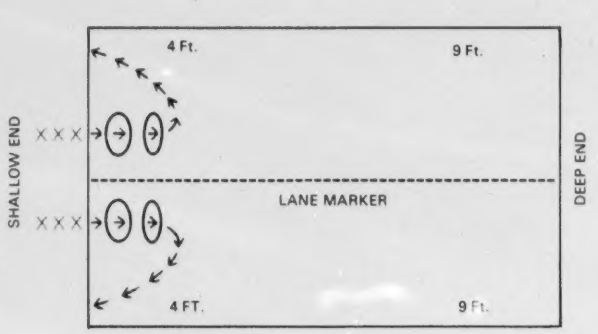
Action: The starting contestant of each team is given a baton. He jumps into the water and swims to the end of the course, where he gets out of water and touches the instructor. He then jumps into the water again and swims back to his team, where he hands the baton to the 2nd person on his team. The relay continues until all members have completed the course. The team that finishes first wins.

Hula Hoop Relay‡

Number of Contestants: Any even number of beginner swimmers

Equipment: 4 hula hoops, 4 bricks, 4 pieces of 2' rope, 1 lane marker (A brick is tied around 1 end of the rope and a section of the hoop around the other so that when placed in the water, the hoop will float vertically.)

Action: The pool is divided in half lengthwise with the lane marker. Two teams line up at the shallow end of pool, each in its own half. Each team has 2 hoops which are vertical in the water, parallel and next to the lane marker, 3' and 3½' respectively from the shallow end of the wall. The 1st player on each team jumps into the water on a whistle start, submerges underwater and swims through the hoops. (Beginners must come up for air between hoops.) After player has gone through the 2nd hoop, he walks back in the water, parallel and next to the *side* of the pool. When he reaches the end where he started and climbs out of the pool, the next player in line goes. A team cannot win unless everyone goes underwater through the 2 hoops.



Number Contest
Number of Contestants: 20
Equipment: 20 numbered stones
Action: Two teams of 10 players each line up on opposite sides of the pool. Twenty stones, with corresponding numbers of the contestants on each team, are placed in front of the instructor. The instructor separates the numbers according to teams. The instructor then blows the whistle and calls 5 numbers and the 5 contestants from each team step forward. He throws the corresponding stones into the water, and at the signal, each contestant submerges and looks for the rock with his number on it. When the rock is located, the contestant must swim to the opposite side of the pool and place the rock on the ledge. The first 3 winners are scored as follows: 1st — 10 points; 2nd — 5 points; 3rd — 3 points; 1st team to get 50 points wins.

Obstacle Relay Race
Number of Contestants: Any equal number
Equipment: Stones, rubber balls, chairs, kickboards (group-like articles together at various points of pool)
Action: There are 2 teams. The team that fetches the articles fastest is the winner.

Paddle Boat Race
Number of Contestants: 10 to 12
Equipment: Kickboards
Action: Two evenly divided teams are in lines at 1 side of the shallow end. The 1st member of each team has a kickboard. On the signal "go," the 1st player of each team must jump into the water, sit on the kickboard, paddle to the other side of the pool, turn around and come back the same way. If he falls off the board, he must go back to the beginning and start again. Whichever team finishes first is the winner.

Pennsylvania Milk Can Race or Relay†
Number of Contestants: Any number
Equipment: 4 soft-drink or beer cans with narrow necks. Three holes should be punched in the bottom so the cans will fill up with water and stand straight on the bottom of the pool.
Action: The class is divided into teams of 4. The 1st player on each team stands in the water at armpit depth with 3 marbles. At a given signal, he walks until he is standing over a tin can on the bottom of the pool. He then ducks beneath the water, places a marble in the can, comes to the surface for air, ducks underwater again, places the 2nd marble in the can, comes up for air, goes down and places the 3rd marble in the can. Then he brings the can up, pours the water over his head, puts the marbles into his other hand, ducks underwater, places the can on the bottom, comes up, runs and gives the 3 marbles to the next teammate, who repeats the process. The 1st team to finish is the winner.
Safety: Players should be reminded that it is harder to go to the bottom than to come to the surface of the water. The instructor should be ready to stand a player on his feet if he gets off balance. Since ducking will be a new experience for most beginners, some may want to hold their noses as they lower their faces into the water. This relay teaches beginners breath holding and recovery to a standing position and helps them overcome fear.

Ping Pong Relay‡
Number of Contestants: Any number
Equipment: Ping pong balls, plastic spoons
Action: Ping pong balls are placed at the deep end of the pool. At the signal, the 1st swimmer from each of the 2 teams jumps into the shallow end and swims with a spoon in mouth to retrieve 1 of the balls. Balancing the ball on the spoon, he continues to the opposite end of the pool where he climbs out of the water, still holding the ball on the spoon. When he is out of the water, the next swimmer begins. The 1st team to finish the relay wins.
Variation: Each swimmer runs back to shallow end to pass ping pong ball to his next teammate.

Relay Races in the Water* † ‡
Number of Contestants: Any number
Equipment: 2 ping pong balls, spoons, 2 whiffle balls, 4 stockings
Action: Two team captains pick the players for their team. Then the players line up along the side of the pool in a straight line in back of their captain.
Game 1: Each player has a spoon and the 1st players on each team also have a ping pong ball. The object is for the players to *walk* across the pool and back with the spoon in their mouth and the ping pong ball on the spoon. If they lose the ball on their way across the pool, it may be put back where it was dropped.
Variation: If players are able to walk across the pool easily, they can try swimming across it.
Game 2: With a whiffle ball under the chin, the 1st 2 players on each team float across the pool and back, kicking their feet and moving their

arms. If the ball drops, it may be put back in the same spot.

Game 3: This game is similar to a 3-legged race, except that players swim instead of walk. Players on each team pair off. The 1st couples on each team tie their feet at their ankles and swim, either on their back or stomach, across the pool and back. When they reach the starting place, they take off the tied stockings and the next 2 couples tie their legs.

Variation: For a little more strategy, 3 players can tie their legs together.

Retrieving

Number of Contestants: Any number

Equipment: Pennies

Action: Coins are dropped at intervals across the width of the pool. At the signal, players start across picking up one coin each by ducking in the water. The first contestant across is the winner.

Variation: Teams are formed and the 1st player in line picks up the 1st penny and swims across the pool. The 2nd player picks up the next penny, etc. The 1st team to reach the opposite side of the pool wins.

Seals Relay‡

Number of Contestants: Any number

Equipment: 2 beach balls

Action: There are 2 teams. The 1st player of each team slips into the shallow end of the water with his ball. He travels the 1st width by skipping and bouncing the ball off his head. The 2nd width, he must dog-paddle while pushing the ball with his nose. In order for the next teammate to enter, the 1st swimmer must use his head to bounce the ball out of the pool. The next person will repeat the cycle. When the cycle is completed by a team, a winner will be determined.

Variation: Strokes may be supplemented and depth may change in accordance with level of skill.

Shuttle Relay

Number of Contestants: Any number

Equipment: None

Action: Teams A and B are lined up, half on each side of the pool. Player A-1 is opposite Player A-2, B-1 opposite B-2, etc. A-1 and B-1 jump into the water, level off and do the combined stroke on the front (human stroke) across to the other side of the pool, where A-2 and B-2 are waiting. Just before A-1 and B-1 get to the other side of the pool, they must make a complete turn and end up facing their respective line of A-2 and B-2. They tap A-2 and B-2 respectively, then get out of the water and sit. As soon as A-2 or B-2 is tapped, he plain front dives (if the water is deep enough), levels off, turns over onto his back, and fins and sculls to the other end. He then turns over into a prone position, makes a complete turn and comes to face his team's line. He taps his teammate next in line, then gets out of the water and sits. The game is over when all the players have gone, and the first team is seated. A-1 and B-1 should end up where A-2 and B-2 started and vice versa. Two points are scored by a team for every game won. One point is scored by a team for each foul made by their opponent. Fouls consist of failing to perform a particular skill or performing a skill imperfectly. Breach of any of the rules, such as crossing lanes or in any way interfering with another swimmer, also constitutes a foul.

Swim and Count

Number of Contestants: Any even number

Equipment: None

Action: Two even teams line up on both sides of the pool. The 1st person on each team gets into the pool (either jumps or dives) and swims to the other side, where he must count to 10 forwards and then backwards to 1, loudly. When he is finished counting, his next teammate in line gets in the water, swims to the other side and counts in the same manner. The game goes on until one team has finished.

Three-Legged Balloon Race‡

Number of Contestants: Any number

Equipment: 2 balloons

Action: Players are paired off in 2 teams. Two inflated balloons are placed in the center of the pool. At the signal, the 1st pair from each team enters the water and tries to swim to the balloons. After retrieving a balloon, they continue swimming to the opposite end of the pool and get out of the water. Then they hand the balloon to the next pair and swim to the opposite end of the pool. This continues until each pair has had a turn. *Note:* If the balloon breaks, the couple must swim to the center and get another one. The last couple on each team must leave the water and break the balloon. The 1st team to break the balloon wins.

Twin Swimming Race

Number of Contestants: Any even number

Equipment: Shoelaces

Action: There are 2 teams, each with 2 lines of partners. The partners' inside arms are tied together with a shoelace. To begin the race,

two pairs jump in the water and swim to the other side of the pool, trying to beat the other team. As soon as the first set of pairs reaches the other side, the next set can go. The first team to finish wins. This is played the same as the "three legged race."

Water Potato Race

Number of Contestants: 8 to 10

Equipment: 10 rubber pucks

Action: The potato race is run in the same manner as the land potato race. Rubber hockey pucks are set up in rows (4 or 5 in each) at the bottom of the pool in waist deep water. The contestant stands approximately 8' in front of the first puck in his row. At the signal "go," the contestant wades out to the first puck, picks it up, returns to the starting point and places the puck on the edge of the pool. He then goes for the second puck and repeats the cycle until all the pucks have been retrieved. The first team to complete the race is the winner.

Wheelbarrow Race‡

Number of Contestants: Any number

Equipment: None

Action: Players are paired. One teammate lies in the water, legs spreadeagled, while partner stands holding his teammate's ankles. At the signal "go," the partner races to the other side, pushing his teammate, who may paddle with hands. The first team reaching the other side wins.

Wet and Wild Newspaper Relay

Number of Contestants: Any number

Equipment: As many sheets of newspaper as there are contestants

Action: This relay is designed to develop swimmers' flutter kick and elementary backstroke kick. Contestants line up at the starting line with their backs toward the finishing line. Each is given a sheet of newspaper. On the signal "go," they must glide on their back and kick their feet while reading aloud from the newspaper, which they must try to keep above water. The contestant crossing the finishing line 1st is the winner. Failure to return the paper, to continue reading it aloud or to remain in floating position, results in disqualification of the swimmer.

Intermediate Swimmers

Apple Race‡
Number of Contestants: Any number
Equipment: Apples
Action: Apples are placed in the center of the pool. Two teams line up along the pool. At the signal, the 1st contestant from each team dives for the apples. Upon grabbing an apple, the contestant swims back to the starting point using the sidestroke. When he reaches the edge of the pool, he places the apple on deck and the next contestant goes for an apple. This continues until all the apples have been retrieved. The team with the most apples is the winner.

Ball Swimming Relay*‡
Number of Contestants: Any even number
Equipment: 2 balls
Action: One half of each team stands at each end of the pool. The 1st swimmer on each team throws a ball into the water and jumps in. He swims the length of the pool, pushing the ball in front of him, using his head only. When the ball touches the other end of the pool, the next teammate enters the water and continues the relay to the opposite end of the pool. Dog paddle stroke is used. The 1st team to finish wins.

Variations:
1. Hold ball between knees.
2. Hold ball out of water with one or both hands.
3. A variety of designated strokes may be used.

Balloon Relay
Number of Contestants: Any number
Equipment: Balloons
Action: Two relay teams are formed. Racers swim on backs, using leg strokes only. They progress a specified distance while keeping a balloon above water by light taps of the hand. If balloon touches water, swimmers must stop and retrieve balloon before continuing (no progression without balloon).

Button-Unbutton Relay‡
Number of Contestants: Any even number
Equipment: Large shirts with buttons, large pants
Action: Players are divided into 2 teams with half of each team at opposite ends of the pool. At the signal, the first player on each team at the shallow end puts on his set of clothes (making sure all buttons are buttoned). He then swims to the deep end, gets out of the pool and undresses. The first player on each team at the deep end then puts on the clothes and swims to the shallow end of the pool. The relay continues until the last person in line has taken off the clothes.
Variations: Use just leg strokes or armstrokes to swim to the other end.
Add a pair of sneakers to the clothing used. Have participants dress and undress in the water.

Circle Relay
Number of Contestants: 14
Equipment: None
Action: Two teams form their own circle in the deeper end of the pool. Each team should be far enough away from the other team so as not to cause any collisions. Each person in each team should be one arm's length away from the person next to him. Team A will begin with a certain swimming stroke, which will be indicated by the instructor before the signal is given. At the signal, one swimmer at a time will use this stroke as he swims the outer circumference of his own team's circle. After each swimmer has completed one turn, the cycle is considered over. Team B, at the same time as Team A, uses the surface dive, tuck or pike position to move around its circle. Going from left to right, the leader starts with the person on his left and surface dives under each of his teammates until reaching his original position. As he does, the cycle is completed by this team. The team which completes its cycle first is awarded one point. After each cycle, the teams exchange so that Team A will surface dive and Team B will swim. These cycles will continue until one team has scored 10 points or until everyone has done one surface dive.

Clothes Relay‡
Number of Contestants: Any even number
Equipment: 2 large pairs of pants, 2 large long sleeve shirts (sneakers and socks optional)
Action: Teams are lined up at both ends of the pool. The 1st person in line must suit up having the pants all the way up and 2 buttons closed on

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* Good activity for physically handicapped
† Good activity for geriatric groups
‡ Good activity for water carnival or other special event

the shirt. At the signal, he enters the pool and swims 1 length using any stroke. At the opposite end, the player must exit the pool with clothes on and take the clothes off. The next person on the team must put on the clothes and swim back the length of the pool. The race continues until each person has had a chance. The 1st team to complete the race wins.

Variations: Players can switch order of team to see if results are different.
Additional clothes may be added.
Players can swim various strokes.
Players can swim underwater.
Have clothes wet to begin with so 1st person has no advantage.

Cork Scram* † ‡
Number of Contestants: 16 (2 teams)
Equipment: Corks
Action: Each team has a particular area in deep water as a home base. When the signal is given, members of the team swim out to get a cork from the center of the pool and bring it to their home plate. Each time they leave home base to swim after a cork, they have to use a different stroke. A player may try to steal the corks from his opponents' home plate, but must swim underwater to do so. The only way this player can be captured is to be tapped by an opponent. The team with the most corks wins.

Costume Relay‡
Number of Contestants: 4 or more
Equipment: Old sneakers, pullover shirts and zipper pants
Action: Participants are divided into 2 or more teams with half of each team at opposite ends of the pool, facing their teammates. The first person from each team puts on a set of old clothes over his bathing suit. On signal, he jumps into the water, swims to the opposite end of the pool (a specific stroke or skill may be required) and removes the clothes while still in the water. He then gets out of the pool and hands the clothes to his next teammate, who puts on the clothes and repeats the procedure. The first team to finish wins.

Cracker Race‡
Number of Contestants: 12
Equipment: Soda cracker
Action: Six contestants are on each team. Three swimmers on each team are at the shallow end of pool while the other three are at the deep end. The first member of each team jumps into the water and returns to the deck where he picks up a soda cracker. He ferries it to his teammate (without getting it wet). The second contestant eats the cracker, whistles, dives into the water and swims (crawl stroke) back, tagging the third teammate. The third contestant proceeds to repeat what the first contestant did. The team finishing first is the winner.

Disrobing Relay‡
Number of Contestants: Any even number
Equipment: Pair of pajamas
Action: The teams line up with the first swimmer in each team wearing pajamas over his swimsuit. At the signal, the first swimmer dives into the water, swims to the other side, disrobes and swims back to the beginning. The next swimmer does the same thing. Repeat until all have gone.

Fan Race† ‡
Number of Contestants: 5 to 10
Equipment: Fans
Action: Racers swim on back fanning themselves and holding fan out of water. First to reach opposite end without having lost fan wins.

Fill the Donut Hole*
Number of Contestants: 2 relay teams
Equipment: 2 inner tubes, 2 balls
Action: The first member of each team enters the water with an inner tube. On the signal, they must place a ball inside the tube and swim to the opposite side of the pool without touching the ball with their hands. Once there, they must knock the ball out of the tube without their hands. As soon as the ball is removed, the next person in line may begin. This continues until each team member is on the opposite side of the pool. First team there intact is the winner.

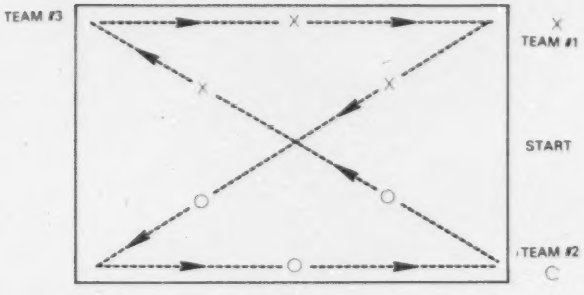
Floating Obstacle Course*
Number of Contestants: 2 relay teams
Equipment: 6 inner tubes, rope life line and bricks
Action: Two relay teams line up on one side of the pool. On the signal, the first person will enter the water and swim to the first inner tube. Upon reaching it, he will surface dive and come up in the center. Pushing himself over the edge, he will swim to the next tube. He continues this procedure until the entire course has been completed. The first team with all its members on the other side of the pool wins.

Kickboard Relay* † ‡
Number of Contestants: Any number
Equipment: Kickboards
Action: Players are divided into 2 teams, half of each at opposite widths of the pool. At the signal "go," the 1st contestant from each team kicks

across the pool and hands the board to his partner, who proceeds to swim to the next contestant, and so on. The type of kick may be varied: flutter kick, breaststroke kick, scissor kick, etc. The team finishing first is the winner.

Leap Frog Relay
Number of Contestants: 10 to 20 (age 7 and up)
Equipment: None
Action: Two teams line up in column formation parallel to each other about 10' apart. The rear player advances by leaping over the backs or heads of all his teammates. Continue until original order is established (deep or shallow water).

Mermaid Croquet
Number of Contestants: 12-30 (age 8 and up)
Equipment: None
Action: Group is divided into 3 teams. Two teams line up at one end, while members of the 3rd station themselves as croquet wickets and tread water. On signal, the 1st player on each side dives in and swims to the 1st wicket. Here he surface dives under the wicket, comes up and swims to the 2nd wicket where he repeats the process. When he reaches the end, he touches the wall and sprints back to the start. The 1st team to finish is the winner. This game is good for practicing strokes and gaining endurance.
Variations: Using different strokes
Coming back opposite circuit
Walking, hopping, skipping in shallow water with beginners just diving through wickets legs



Obstacle Race
Number of Contestants: Any number
Equipment: Newspaper, water balls, large darning needles, thread
Action: In the form of a relay, contestants start from one side of the pool swimming on their backs, using leg strokes only, and reading aloud from newspaper held in their hands. When they reach the opposite side, another set of contestants swim back with their feet only, gripping a water ball between their legs. As they finish, a 3rd set jumps into the water and is handed a needle and thread by the instructor. After threading the needle, the contestants return it to the instructor and then swim across the pool. The team finishing first is the winner.

Obstacle Relay Race‡
Number of Contestants: 15 to 20
Equipment: Ring buoys, small rubber balls, rubber bricks, balloons
Action: Teams are lined up at the shallow end of the pool. Ring buoys are placed in the water at about 5 yards from the shallow end in front of each team. Rubber bricks are dropped about 15 yards from the deep end to the bottom of the pool. Balloons are left on the deck at the deep end. The first player from each team takes a rubber ball and tries to throw it into the center of the ring buoy. (If he misses, the next player tries while the first retrieves the ball he threw.) If the ball goes in, the player jumps in the water, swims free style to where the brick is, does a surface dive and picks up the brick. He then swims sidestroke to the end of the pool, puts the brick on deck, climbs out and blows up a balloon. Then he puts the balloon in his mouth (holding end with teeth), jumps into the water, swims the breaststroke back to the shallow end of the pool, climbs out and breaks the balloon. This is the signal for the next person to start the relay. The first team to finish wins.

Over and Under Relay†
Number of Contestants: 10-20
Equipment: 2 rubber balls
Action: Two teams line up in the shallow end of the pool. The ball is started at the front of the line and is passed backward in the manner prescribed such as, over the head, between the legs, etc. The last one in line to receive the ball, touches the mark established at the rear end, then swims or walks to the front end. The ball must be touched to the starting point before being passed back again. Compete for speed until original order is restored.

Ping Pong Number Relay‡
Number of Contestants: Any even number
Equipment: Ping pong balls, slips of paper, marking pen, plastic bag
Action: Ping pong balls are placed in the water with a number on each one. Slips of paper with numbers corresponding to those on the ping pong balls are placed in a plastic bag. Players are in 2 even lines. On signal, the 1st players

from opposing teams take a number from the bag, jump in the water and look for the ball with their number on it. After finding it, they return to their team and the next person in line does the same thing. The first team to find its ping pong balls wins the game. (*Suggestion:* To make the game more difficult and a lot more fun, have more balls and numbers than players.)

Retrieving Contest‡
Number of Contestants: Any number
Equipment: 2 heavy weight objects
Action: Players are divided into two teams, half of each at opposite ends of the pool. At the signal, the instructor throws the 2 objects into the center of the pool. One contestant from the shallow end of the pool on each team jumps into the water and swims toward the object. Allowed one breath, he submerges and tries to locate the object. If he does, he swims to the deep end of the pool where the next contestant throws the object and walks to the end of the line at the shallow end. If the contestant is unable to locate object, he returns to the shallow end and the next team member swims to the object. The first team to complete is declared the winner.
Variation: The 2 teams stand at shallow end facing diving board. Instructor, at opposite end, throws the objects into pool. At starting signal, 1 player from each team swims American crawl to area where objects are, submerges (1 breath allowed) and tries to retrieve object. After retrievement, he swims sidestroke to opposite end of pool and places object on deck. His team scores 1 point. Retriever throws object in for next person on his team to retrieve. Same process is repeated until 1 team has made 10 points and declared winner. If swimmer comes to surface without the object, he forfeits his turn.

Split Stroke Relay
Number of Contestants: Any even number
Equipment: None
Action: Students take partners and divide into teams. Half of each team is at the shallow end and the other half at the deep end. The 1st set of partners of each team at the shallow end gets into the water. One contestant lies on his back in the water, placing his feet at the shoulders of his partner, who is also lying on his back. The swimmer at the back will do the arm stroke of the elementary backstroke while his partner will do the leg stroke. The partner doing the leg stroke may place his hands at his partner's feet to help hold them together. They swim the length of the pool. The partners may keep their rhythm by repeating "Up, out, down." The partners at the deep end repeat the exercise, etc. When all members of the team have finished, the game begins again with the partners switching places. The team finishing 1st is the winner.

This game aids in strengthening and coordinating the arm and leg strokes of the elementary backstroke and can be used as an initial exercise for synchronized swimming.

Straw Hat Race‡
Number of Contestants: Any number (ages 10 to 15)
Equipment: Straw hats
Action: The swimmers line up at the deep end of the pool, each wearing a hat. At the signal, they jump into the water and completely submerge. Levelling off, they recover their hats (without using hands) and swim to the shallow end of the pool.

Swimming Relay
Number of Contestants: Any even number
Equipment: None
Action: Have 2 people stand as goals. At the signal, the 1st contestant in each line does the "crawl" around the goal and back to the team, tagging off the next swimmer who proceeds in the same manner. First team to complete circuit wins.

Swimming Tunnel Relay
Number of Contestants: Any even number
Equipment: 2 large inner tubes from tires
Action: Secure the tires upright underwater with a rope brick arrangement at the bottom of the pool. Line two teams in parallel files. When the signal is given by the leader, the first person in each line swims toward his team's tire. Once he arrives, he must surface dive, swim through the tire and continue to the end of the line. When he reaches it, he must turn around and return to the beginning of the line in the same manner. He then tags the next person who proceeds the same way. The team to finish first and be all seated, wins.

The Swimming Waitress‡
Number of Contestants: Any even number
Equipment: Frisbees, plastic champagne glasses
Action: One half of each team stands at each end of the pool. At the signal, the 1st player from each team enters the water holding the frisbee with a water-filled champagne glass balanced on top of it. The player swims down to the opposite end of the pool holding the tray out

of the water (if the glass topples over, the player must stop and set it upright). When the player reaches the edge of the pool, he hands the tray to his teammate who swims back to the other side in the same manner. This is continued until the team returns to its original starting positions. The 1st team to do so wins.

Tight Relay‡

Number of Contestants: 8

Equipment: Two pairs tights

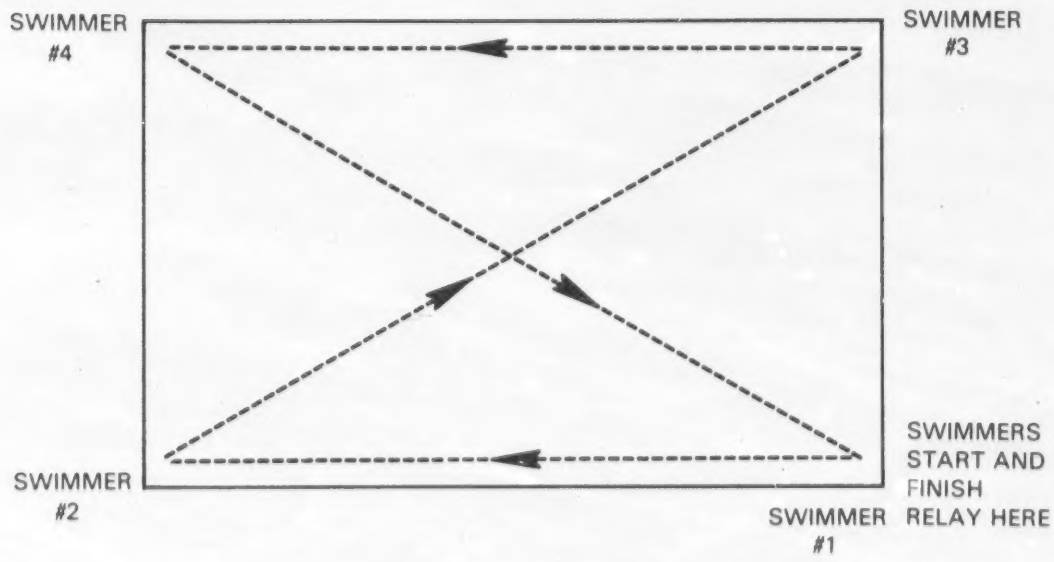
Action: Swimmers from each team line up at the 4 corners of the pool. At the signal, one member of each team puts on a pair of tights, jumps into the pool and swims to the opposite end of the pool. He then climbs out of pool, removes tights and hands them to the next swimmer, who puts on tights, jumps in and swims diagonally across the pool. Swimmers numbers 3 and 4 follow the same procedure except that swimmer number 3 swims the length of the pool and number 4 swims diagonally across pool. (See diagram) This continues until each member has had a turn. The 1st team to finish the relay wins. See diagram below.

Two Man Underwater Race

Number of Contestants: Any even number

Equipment: None

Action: Teams of 2 swimmers line up along the side of the pool. The object of this game is for 2 swimmers to swim underwater as 1. To do this, both swimmers dive under and the swimmer in back holds onto his partner's ankles. He is allowed to kick only and his partner is allowed to use his hands only. The team that finishes swimming the width of the pool first wins.



Advanced Swimmers

Apache (or Giant) Relay‡

Number of Contestants: Any number

Equipment: Basketball hoop, ball, rock, kickboard, ping pong ball, spoon, matches, straws, candles, whistles, shoestrings

Action: (First 4 activities are done width of pool)

1. Two members swim the width of the pool. One must station himself in front of the basket while the partner scrambles out of the pool to get a ball. He throws the ball to his partner in the water who will try to get a basket. He will remain on land to fetch any stray balls. As soon as a basket is made, the person on land will proceed to step two.
2. He swims across the width as fast as he can, scrambles out of the pool and does 10 sit-ups with 1 hand behind his head and the other on his forehead. When he is finished, the action goes to step 3.
3. One person on the team takes a rock, jumps into the water, places the rock on his chest and sculls on his back to the other side. If the rock falls off he must dive to retrieve it. This part of the relay should be done in shallow water. When he is through, the next person will proceed with the race.
4. The next member takes a kickboard and a ping pong ball and jumps into the water. He must balance the ping pong ball on the kickboard and get both to the other side. He scrambles out of the pool, puts the ping pong ball on a spoon, puts the spoon in his mouth, and does a duck walk down to the deep end of the pool.
5. The next member ties his arm and leg together, jumps into the pool and swims the length of the pool.
6. The next member drops a match down a straw, holds the end with his finger and swims the length to the diving board. He then hoists himself up onto the diving board, shoots the match up to his teammate who lights a candle and gives it to the person in the water who must put it between his toes and swim to the side of the pool. If the candle goes out, the person must do 10 bobs. The person who lit the candle meets the swimmer at the edge of the pool and walks back to the diving board with the candle. (He can blow it out first.) He must *walk*; if he is caught running, he must return and start over.
7. He then crawls on his hands and knees out to the edge of the diving board where a whistle has been suspended on the end of a shoestring. He bends over, without using his hands, and pulls the whistle up to the top of the board. He gives 2 long hard blows.
8. Upon this signal 2 other members of the team, who are at the shallow end of the pool will do this exercise: 1 person grabs the other's feet, pulls them under, and swims over them. The person who was pulled under will surface, grab the other's feet and pull him under while he swims under. This will be done length wide; when they are at the other side, they will scramble out and holding hands, will walk to the shallow end where they will signal the last member of the relay.
9. The last member swims as fast as he can down to the other end of the pool where the race will be terminated.

There should be a map of the relay indicating the stations' locations and materials needed at each station. The teacher can invent other activities for the relay.

Banana Race‡

Number of Contestants: Any even number

Equipment: One banana for every couple

Action: Each team pairs off and lines up at 1 end of the pool with a banana. On signal, the 1st pair of each team makes a lifesaving jump into the water and peels the banana. One partner swims the lifesaving stroke (sidestroke) while his teammate swims the backstroke. Both swim side by side with the person doing the sidestroke feeding the banana to the one doing the backstroke. The whole banana must be eaten by the time the pair leaves the water at the finish line. The person eating the banana may not touch the banana with his hands. Each couple must bring the whole banana peel out of the water with them. The next pair may not enter the water until the preceding couple completes its run. The purpose of this game is to practice the lifesaving stroke and the backstroke while at the same time each partner experiences someone swimming next to him.

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* Good activity for physically handicapped

† Good activity for geriatric groups

‡ Good activity for water carnival or other special event

Interdependency is developed, especially on the part of the individual eating the banana (because he depends on the person swimming the lifesaving stroke). The team to finish 1st wins.

Blind Man's Rear Attack*
Number of Contestants: Any number
Equipment: None
Action: This game is designed to improve defense tactics as well as awareness and ability to respond to a situation. Three teams each have a member in the water (rescuer) and an equal number of contestants on both sides of the pool. The rescuer faces opposite the starting point. The person designated to start proceeds with a lifesaving jump into the pool, swims toward the rescuer, putting him in a rear head hold. The rescuer performs a release, pinwheel or a forward roll. When the release is completed, he does a surface dive under the victim and travels approximately 10' in the direction he originally faced. When breaking the surface, he sculls to the side, tagging his teammate. The victim remains in the water facing the direction he came and performs the release on the tagged teammate. The last player in the water will not have to release a victim, so he swims to the opposite side and gets out. The first team to finish the cycle, wins.

Fatty Balloons‡
Number of Contestants: Any number (2 teams)
Equipment: Balloons
Action: Balloons are filled with water and placed on the bottom of the shallow end of the pool. On a given signal, the first contestant on each team does the "lifesaving jump" into the water, submerges and picks up the balloon with his feet. Upon surfacing, he swims to the opposite end of the pool carrying the balloon with his feet. If he drops the balloon, he must recover it with his feet and continue to the end. Upon reaching the deep end of the pool, he takes the balloon in his hand and swims back to his teammates. About 15' from the edge, he drops the balloon back into the water and swims back to the starting point. Successive team members repeat the procedure until all have finished and are seated at the starting point. First team finished is the winner.

Lifesaving Medley‡
Number of Contestants: Any number (2 teams)
Equipment: None
Action: Teams line up at shallow end of the pool. One contestant from each team goes to the opposite end of pool. On the given signal, he enters the water using the "lifesaving jump" and swims with approach stroking toward his team. Once there, he swims with his teammate using the "tired swimmers carry" back to the starting position and lifts him out of the water. The victim then jumps into the water and repeats the action. The first team to complete the relay first wins.
Variation: Other lifesaving techniques may be substituted for the American crawl, such as sidestroke, cross-chest carry, etc.

Passing the Puck
Number of Contestants: Any number
Equipment: 4 stones
Action: The group is divided into 2 teams, half at each end of the pool. When the signal is given, contestants push off from the wall holding a stone with hands on forehead. They swim on their backs using the breaststroke kick (whip), inverted scissors, or flutter kick and proceed to the opposite end of the pool where they pass the stone to a teammate who is already in the water. The 1st team to finish the relay wins.

Pass the Ball
Number of Contestants: Any even number
Equipment: 2 hand-sized rubber balls
Action: Two equal teams are divided so that half of each team is lined up at the deep end and the other half at the shallow end. There is a ball in the water at the deep end in front of the 1st person in each line. On signal, the 1st person enters the water and must secure the ball under his chin without using his hands. He then swims, using any stroke, to the shallow end. As he approaches, his teammate at the shallow end may enter the water and wait by the edge of the pool. Here he must take the ball under his chin without using his hands and proceed to the deep end in the same manner as his teammate had done. If the ball is dropped at any time, the person must resecure it under his chin without the use of his hands. The relay continues until the team finishing first is declared the winner.

Pebble Dive
Number of Contestants: Up to 16 (age 13 years and older)
Equipment: Whistle; for each player, 10 various size pebbles painted different colors with waterproof paint (three 3/4" yellow pebbles, three 1/2" red pebbles; four 1/4" black pebbles); shoebox in which to put pebbles

Action: Two teams line up at the deep end of the pool about 10′ apart, in relay fashion. When the instructor, who is standing between the teams, blows the whistle, the 1st players of each team dive into the water. The instructor then throws 10 pebbles (3 yellow, 3 red, 4 black) into the water in the same area. The swimmers must not come to the surface but must try to catch as many pebbles as possible before they touch the bottom of the pool. *Note:* Pebbles may not be picked off the bottom of the pool. Once the swimmers reach the surface, they swim to the side of the pool and return to their line. The same procedure is followed for the remaining swimmers. Yellow pebbles count 3 points, red pebbles 2 points and black pebbles 1 point. The team with the highest score wins. This game helps swimmers develop lung capacity, rate of exhaling and eye acuity underwater. It is also good for practicing different types of dives (e.g., lifesaving dives and jump).

Ring Buoy Relay‡

Number of Contestants: Any number (teams)

Equipment: One ring buoy per team

Action: One person on each team stands at the pool's edge with a ring buoy. Using the proper lifesaving technique, he tosses the ring buoy to his teammate who is treading water in the center of the pool, then pulls him to the side of the pool. The teammate then gets out of the pool and prepares to throw the buoy to the next team member who has entered the water from the other side of the pool and is treading water. First person walks around pool edge and gets in line at other side of pool. First team to complete sequence wins.

DITTY BAG SUPPLIES AND OTHER EQUIPMENT

Swimnastics equipment and supplies are very inexpensive. Students will enjoy a "Scavenger Hunt" to locate items that will bring them many hours of fun.

A "Ditty Bag" is a small plastic household bag filled with these "goodies":

1 small bag of balloons
1 plastic spoon
2 ping pong balls
6 bandaids
5 pennies
1 smooth stone (hand size)
1 sheet newspaper
1 pair 40" shoelaces
2 birthday candles
matches
2 plastic corks
1 whistle
1 rubber ball (hand size)
6 plastic straws

All activities outlined in this handbook can be played with little or no additional expense. However, "Special Event" activities call for some additional input items from the instructor:

2 water polo or playground balls
3 pieces of 1/2" rope
various clothes items upon request
4 batons
stone alphabet sets
homemade instruments (e.g., maracas)
pantyhose
plastic champagne glasses
Frisbees
Hula Hoops
Food items (apples, bananas, crackers)
tire tubes
hopscotch court (see diagram, p. 14)
lifeline (usually installed in pool)
straw hats
whiffle bat
plastic jug containers

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Information on safety in specific sports and activities, including aquatics. Complete chapters are devoted to elementary swimming and water safety, recreational swimming, springboard and platform diving, water polo, water skiing, skin and scuba diving, surfboarding, and small craft safety. Edited by Charles Peter Yost and published in cooperation with the U.S. Public Health Service. 1971.

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A report of the Nov. 1972 International Aquatic Conference in Quebec, which dealt with objectives, practical approaches and mobilization of manpower to encourage wise use and conservation of the world's water resources. In addition to coverage of conference sessions and special programs and an appendix of current reference information, it includes reports of five work-group seminars dealing with: camp aquatics and recreational boating; fitness and conditioning; modern administration in aquatics; ideas and teaching techniques that work; and developments in scuba and underwater safety. Sponsored jointly by the Council for National Cooperation in Aquatics and its new counterpart, the Canadian Council for Cooperation in Aquatics. 1973.

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